

Andrea's Grocery List

DAIRY

- Lowfat cottage cheese
- Skin Ricotta cheese
- 1% milk
- Lowfat cheddar slices
- Lowfat mozzarella slices
- Plain, lowfat yogurt
- Parmesan cheese, grated

FLAVORINGS

- Banana extract
- Almond extract
- Orange extract
- Vanilla extract
- Rum extract
- Coconut extract
- Anise extract
- Dry cooking sherry
- Dry white wine
- Dry red wine
- Cilantro
- Black pepper
- Cinnamon
- Sage
- Nutmeg
- Bay seasoning
- Dill
- Allspice
- Celery salt
- Dry mustard
- Chives
- Olives, black + green
- Salsa
- Soy sauce, light
- Worcestershire sauce
- Cider vinegar
- Balsamic vinegar
- Chicken stock/broth (light, low salt)

MISCELLANEOUS

- Unflavored gelatin
- Hummus
- Protein powder
- Egg substitute
- Dried cranberries
- Raisins

CANNED

- Water chestnuts
- Bamboo shoots
- Mandarin oranges
- Chick peas / garbanzo beans
- Kidney beans
- Black beans

MEAT / SEAFOOD

- Turkey breast
- Chicken breast
- Sea scallops
- Shrimp
- Canadian/peameal bacon
- Crabmeat
- Lean ground beef
- Firm tofu
- Lean pork
- Salmon filet
- Grouper (fish)
- Deli turkey slices
- Tilapia, frozen

FRESH VEGGIES

- Zucchini
- Green beans
- Tomatoes
- Spaghetti squash
- Leeks
- Mushrooms
- Snow peas
- Bean sprouts
- Red leaf lettuce
- Romaine lettuce
- Garlic
- Asparagus
- Broccoli
- Celery
- Ginger root
- Onion
- Green pepper
- Cole slaw mix
- Carrots
- Cucumber
- Avocado
- Spinach

CARBOHYDRATE

- Mini Pita pockets (wheat)
- Whole grain bread
- Tortilla chips
- Pancakes
- Oatmeal

FRESH FRUIT

- Pears
- Strawberries
- Blueberries
- Lemon juice
- Peaches/nectarines
- Apples
- Pineapples
- Grapes
- Raspberries
- Cantaloupe
- Cherries
- Kiwi
- Bananas

FATS and NUTS

- Peanut butter
- Almond butter
- Silvered almonds
- Macadamia nuts
- Walnuts
- Olive oil (extra virgin)
- Olive oil (light)
- Pumpkin seeds
- Sesame seeds

BEVERAGES

- Flavored seltzer water (no sweetener)
- Vanilla caramel tea (bags)
- Orange pekoe tea
- Lapsong souchong tea
- Rooibos (red) tea bags, loose
- Coffee