# shopping list

Print out and check off the foods you need; add others you want to buy. Use the barcode scanner on the mobile app to check SmartPoints® values when you shop. Foods in green are **ZeroPoint™** foods, which means you don't have to track them!

## Produce/Beans/Legumes

- ☐ **Fresh Fruit** (Except: avocados, coconut)
- ☐ **Fresh vegetables** (Except: parsnips, potatoes, sweet potatoes, yams, cassava/yuca/manioc, olives)
- ☐ **Fresh herbs**
- ☐ **Packaged lettuce, coleslaw mix, or shredded carrots**
- ☐ **Pre-cut fresh vegetables** for soup, stir-fries, and kabobs
- ☐ **Peas** (green, sugar snap, snow, etc.)
- ☐ **Beans** (green, bean sprouts, chickpeas, black, refried beans, etc.)
- ☐ **Lentils**
- ☐ **Corn** (yellow corn, sweet corn, corn on the cob, and baby corn)
- ☐ **"Dried" vegetables** that are to be cooked, such as dried beans, lentils, peas, and seaweed

## Meat/Poultry/Fish

(fresh and/or frozen)

- ☐ **Skinless chicken breast, skinless turkey breast,** or chicken thighs
- ☐ **98% fat-free ground turkey/** ground chicken
- ☐ Lean pork shop or pork loin
- ☐ Lean, trimmed flank steak, beef tenderloin or strip sirloin
- ☐ **Fish** (except dried or in oil)
- ☐ **Shellfish**

## Dairy

- ☐ Fat-free milk or low-fat milk
- ☐ Regular soy milk (plain)
- ☐ **Eggs** (including yolks) or egg substitute
- ☐ Fat-free cheese or regular cheese
- ☐ Low-fat shredded cheese or string cheese
- ☐ Almond milk
- ☐ Crumbled feta or Parmesan cheese
- ☐ Low-fat cream cheese
- ☐ Nonfat cottage cheese
- ☐ **Nonfat plain yogurt**
- ☐ **Silken** or **firm regular** or **low-fat tofu**

## Bread/Cereal

- ☐ Reduced-calorie bread or hamburger buns
- ☐ Thin sandwich bread or light English muffins
- ☐ Whole-wheat or corn tortillas
- ☐ Plain oatmeal or cream of wheat
- ☐ Unsweetened shredded wheat or whole-grain cereal

## Deli

- ☐ Roasted whole chicken
- ☐ Lean deli meats
- ☐ Hummus

## Grains/Pasta

- ☐ Whole-grain pasta or regular pasta
- ☐ Brown rice or white rice
- ☐ Bulgur, quinoa, or barley

## Canned Foods/Staples

- ☐ **Canned tomato sauce** or jarred marinara sauce
- ☐ **Canned diced tomatoes**
- ☐ **Fat-free salsa**
- ☐ **Canned black beans** or **chickpeas**
- ☐ **Canned vegetables** (without added salt, sugar, or oil)
- ☐ **Canned unsweetened fruit** (in water)
- ☐ **Chicken** or **vegetable broth**
- ☐ **Canned white tuna** (packed in water) or **canned salmon**
- ☐ Peanut or other nut/seed butter

## Snacks

- ☐ 94% fat-free microwave or air-popped popcorn
- ☐ Baked potato chips or baked tortilla chips
- ☐ Sugar-free gelatin
- ☐ Almonds

## Frozen

- ☐ **Frozen vegetables** (without added sauce and salt)
- ☐ **Frozen unsweetened fruit**
- ☐ Veggie burgers (with 2 g of fat or less)
- ☐ Vegetarian ground "meat"
- ☐ Whole-grain waffles
- ☐ Sorbet

## Seasonings & Condiments

- ☐ Cooking spray, oil and vinegar
- ☐ Salt and pepper
- ☐ Dried herbs and spices, seasoning mixes, dry rubs
- ☐ Fat-free or low-fat salad dressing
- ☐ Fat-free mayonnaise
- ☐ Hot sauce
- ☐ Mustard
- ☐ Ketchup
- ☐ Reduced-sodium soy sauce
- ☐ Steak sauce
- ☐ Teriyaki sauce
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____