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	☐ Almond milk	Snacks
☐ Fresh Fruit (Except: avocados, coconut)	☐ Crumbled feta or Parmesan cheese	☐ 94% fat-free microwave or air popped popcorn
☐ Fresh vegetables (Except:	□ Low-fat cream cheese	☐ Baked potato chips or baked
parsnips, potatoes, sweet	□ Nonfat cottage cheese	tortilla chips
potatoes, yams, cassava/yuca/	□ Nonfat plain yogurt	☐ Sugar-free gelatin
manioc, olives)	☐ Silken or firm regular or low-	□ Almonds
☐ Fresh herbs	fat tofu	
☐ Packaged lettuce, coleslaw		Frozen
mix, or shredded carrots	Bread/Cereal	☐ Frozen vegetables (without
☐ Pre-cut fresh vegetables for soup, stir-fries, and kabobs	☐ Reduced-calorie bread or hamburger buns	added sauce and salt)
☐ Peas (green, sugar snap, snow, etc.)	☐ Thin sandwich bread or light	☐ Frozen unsweetened fruit☐ Veggie burgers (with 2 g of fat
☐ Beans (green, bean sprouts,	English muffins	or less)
chickpeas, black, refried beans, etc.)	☐ Whole-wheat or corn tortillas☐ Plain oatmeal or cream of	□ Vegetarian ground "meat" □ Whole-grain waffles
Lentils	wheat	□ Sorbet
☐ Corn (yellow corn, sweet corn,	\square Unsweetened shredded wheat	
corn on the cob, and baby corn)	or whole-grain cereal	Seasonings & Condiments
\square "Dried" vegetables that are to	D.11	☐ Cooking spray, oil and vinegar
be cooked, such as dried beans,	Deli	☐ Salt and pepper
lentils, peas, and seaweed	☐ Roasted whole chicken	☐ Dried herbs and spices,
	□ Lean deli meats	seasoning mixes, dry rubs
Meat/Poultry/Fish (fresh and/or frozen)	□ Hummus	☐ Fat-free or low-fat salad dressing
☐ Skinless chicken breast,	Grains/Pasta	☐ Fat-free mayonnaise
skinless turkey breast, or	□ Whole-grain pasta or regular	☐ Hot sauce
chicken thighs	pasta	□ Mustard
☐ 98% fat-free ground turkey/ ground chicken	☐ Brown rice or white rice	□ Ketchup
_	☐ Bulgur, quinoa, or barley	☐ Reduced-sodium soy sauce
☐ Lean pork shop or pork loin☐ Lean, trimmed flank steak, beef		☐ Steak sauce
tenderloin or strip sirloin	Canned Foods/Staples	☐ Teriyaki sauce
☐ Fish (except dried or in oil)	☐ Canned tomato sauce or jarred marinara sauce	
☐ Shellfish	☐ Canned diced tomatoes	
	☐ Fat-free salsa	
Dairy	☐ Canned black beans or	
☐ Fat-free milk or low-fat milk	chickpeas	
□ Regular soy milk (plain)	☐ Canned vegetables (without	
□ Eggs (including yolks) or egg	added salt, sugar, or oil)	
substitute	□ Canned unsweetened fruit (in	
☐ Fat-free cheese or regular	water)	
cheese	☐ Chicken or vegetable broth	
☐ Low-fat shredded cheese or string cheese	☐ Canned white tuna (packed in water) or canned salmon	
	☐ Peanut or other nut/seed butter	