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 ${ }^{\circledR}$ values when you shop. Foods in green are ZeroPoint ${ }^{\text {M }}$ foods, which means you don't have to track them!

## Produce/Beans/Legumes

$\square$ Fresh Fruit (Except: avocados, coconut)
$\square$ Fresh vegetables (Except: parsnips, potatoes, sweet potatoes, yams, cassava/yuca/ manioc, olives)
Fresh herbsPackaged 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)
$\square$ Skinless chicken breast, skinless turkey breast, or chicken thighs
$\square 98 \%$ fat-free ground turkey/ ground chicken
$\square$ Lean pork shop or pork loin
$\square$ Lean, trimmed flank steak, beef tenderloin or strip sirloin
Fish (except dried or in oil)Shellfish

## Dairy

Fat-free milk or low-fat milkRegular soy milk (plain)
$\square$ Eggs (including yolks) or egg substituteFat-free cheese or regular cheese
$\square$ Low-fat shredded cheese or string cheese
$\square$ Almond milk
$\square$ Crumbled feta or Parmesan cheese
$\square$ Low-fat cream cheese
Nonfat cottage cheeseNonfat plain yogurt
$\square$ Silken or firm regular or lowfat tofu

## Bread/Cereal

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

## Deli

$\square$ Roasted whole chicken
$\square$ Lean deli meats
$\square$ Hummus

## Grains/Pasta

$\square$ Whole-grain pasta or regular pasta
$\square$ Brown rice or white riceBulgur, quinoa, or barley

## Canned Foods/Staples

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

## Snacks

$\square 94 \%$ fat-free microwave or airpopped popcorn
$\square$ Baked potato chips or baked tortilla chips
$\square$ Sugar-free gelatin
$\square$ Almonds

## Frozen

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

## Seasonings \& Condiments

$\square$ Cooking spray, oil and vinegar
$\square$ Salt and pepper
$\square$ Dried herbs and spices, seasoning mixes, dry rubs
$\square$ Fat-free or low-fat salad dressing
$\square$ Fat-free mayonnaiseHot sauceMustard
$\square$ Ketchup
$\square$ Reduced-sodium soy sauce
$\square$ Steak sauce
$\square$ Teriyaki sauce_--------------------------
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