

## GENERAL GROCERY LIST

Following is a general grocery list that will get you started in Week 1 (Fast Track). I recommend that you take inventory of your kitchen to determine what you may already have on hand. Look to see which spices, herbs, and vegetables, for instance, that you don't need to purchase more of at this time. For specific amounts on these items below, refer to their actual recipes in the book (because this list is not entirely comprehensive, compare it to the actual recipes that you choose to make and be sure to note any additions, especially in reference to optional ingredients in the recipes). Keep in mind that you will need to use many of these ingredients in multiple recipes. It helps to shop every three to four days and create your own list given your supplies. Because fresh produce can turn quickly, you'll want to buy it in small batches regularly.

When you enter the second week, you'll be using many of the same ingredients but you'll also be purchasing grains and starchier vegetables like squash and zucchini. Don't forget to check out your list of snacks and dessert options and add to this list as necessary.

### WEEK ONE

#### **Proteins:**

Eggs  
Chicken breasts  
Sliced turkey breast  
Tilapia and halibut fillets  
Salmon  
Ground turkey  
Canned tuna in water  
Cannellini beans  
Turkey bacon or sausage  
Low-fat ham

#### **Fruits/Vegetables:**

Asparagus  
Salad greens and Romaine lettuce  
Jicama  
Red and green bell peppers  
Cucumbers  
Carrots  
Dried apricots  
Swiss chard  
Zucchini  
Mushrooms  
Tomatoes (regular and roma)  
Avocado  
Strawberries  
Green beans  
Spinach  
Onions

#### **Dairy and Fat:**

Low-fat or non-fat ricotta cheese  
Feta cheese  
Low-fat cottage cheese  
Low-fat blueberry yogurt

#### **Snacks and Shakes:**

Nut butter  
Celery sticks  
Hummus  
String cheese  
Protein powder  
Frozen berries  
Fat-free milk

#### **Extras:**

Nonstick canola oil cooking spray  
Olive oil  
Scallions  
Italian and Cajun-style seasoning  
Garlic  
Shallots  
Lemons  
Thyme  
Parsley  
Oregano  
Rosemary  
Sage  
Capers  
Red pepper flakes  
Dijon mustard  
Salsa  
Ginger  
Brown sugar  
Soy sauce  
Soybean paste  
Raw walnuts  
Red wine vinegar  
Dark chocolate