



Fit Kitchen Shopping List

***Choose several of the options below to build your weekly healthy meals* :**

Proteins (Choose 3 or 4 different types for variety):

Meats

- Boneless, skinless chicken breasts (fresh or frozen)
- Turkey (lean or extra lean)
- White fish (tilapia, cod, mahi, tuna)
- Shrimp
- Scallops
- Salmon
- Tofu
- Lean steak (sirloin or flank are the leanest cuts)
- Low sodium, as natural as possible deli meat (from the deli is best)
- Bacon/turkey bacon (in moderation)
- Eggs/ egg whites
- Game meats (i.e. venison, bison, elk, antelope, ostrich, etc)
- Whey protein powder (or non-dairy alternative)
- Protein bars (should have a minimum of 15 grams of protein and no more than 30 grams of carbohydrate, around 200 calories per bar or less)

Dairy (or non-dairy equivalent)

- low fat cottage cheese
- low fat milk (or rice or almond milk if dairy-free)
- nonfat Greek yogurt (try Chobani or Fage brand)
- low fat or reduced fat shredded cheeses

Carbohydrates (again, pick several options for variety)

- Rolled oats or quick oats (or gluten free variety)
- Oat bran cereal, cream of wheat or cream of rice
- Beans (black or pinto, etc)
- Whole wheat bread, pita, English muffins, tortillas etc. (choose brand with as few ingredients as possible. I like Ezekiel brand and Dave's Killer Bread)
- Whole wheat or gluten-free pasta
- Potatoes (white, red, sweet potatoes or yams)
- Quinoa
- Couscous
- White and/or brown rice
- Rice cakes
- Whole wheat crackers
- Fruit
- Green vegetables , fresh or frozen (choose a variety)
- Other favorite vegetables

Healthy Fats (choose a few favorites)

- Avocados
- Olive oil
- Coconut oil
- Nut butters (peanut, almond, cashew, tahini, sun butter)
- Nuts (raw almonds or walnuts are most nutritious)

Beverages

- **WATER!**
- Black coffee
- Hot or iced tea
- Club soda (flavor w/ lemon or lime)
- **In moderation**: diet sodas, diet Hansen's Soda (sweetened w/ Splenda)

Other Cooking Essentials

Cooking Aids / flavor enhancers

- Non stick cooking spray
- Chicken broth
- Olive Oil
- Balsamic vinegar
- Lemon and/or lime juice

Condiments and Spices

- Mustard
- Soy sauce
- Tobasco
- Siracha
- Salsa
- Brown sugar
- Stevia
- Butter spray
- Low calorie salad dressings (try Walden Farms brands)
- Low sugar tomato sauce
- Tomato Paste
- Any and all spices
- **In moderation**: low sugar barbecue sauce, low fat mayonnaise

Kitchen Utensils and Other Helpful Items

- Small cooler and reusable ice packs
- Reusable water bottle
- Food scale (available on [amazon.com](https://www.amazon.com) or other local home retailers (Target, Bed Bath and Beyond, etc.)
- Measuring cups
- Measuring spoons
- Protein shake shaker cup
- Plastic wrap and aluminum foil
- Tupperware or other food storage in various sizes

- Pots, pans and skillets in various sizes
- Baking sheet
- Muffin tin (regular and mini-sized)
- Strainer for pasta, vegetables, etc.
- Oven safe baking dishes (CorningWare, Pyrex or similar)
- Kitchen utensils (spatula, whisk, wooden spoon, vegetable peeler, can opener)
- Steaming basket (for steaming vegetables)
- **Not required but helpful:** crock pot, blender, grill or George Foreman grill (if you don't have a barbecue), food processor.

Helpful Shopping Tips

-Shop the perimeter of the grocery store first! This is where most of the healthy and non-processed foods will be located!

-Plan your meals for the week before you go shopping. Make it a family affair, everybody gets to choose one dinner for the week and can assist in its preparation

-NEVER go to the grocery store hungry

-Prepare any meals you'll be eating away from home in advance, pack them in Tupperware in your cooler and carry your cooler with you at all times. This will prevent "drive thru emergencies!"

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