

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

