



Shopping Guide

In general, shop for oil-free, low-sodium, and/or no-salt-added foods.

Foods or recipes marked with an * are more calorie dense (more calories per bite), and should be used sparingly as part of a meal, instead of being the star of the meal.

Produce

- Any and all fruits and vegetables including
 - Apples
 - Bananas
 - Pears
 - Berries
 - Melons
 - Citrus fruits (grapefruits, oranges, clementines, etc.)
 - Greens (collards, kale, chard, etc.)
 - Broccoli, cauliflower, Brussels sprouts, etc.
 - Salad bags
 - Tomatoes
 - Cucumbers
 - Peppers
 - Zucchini
 - Onions
 - Garlic
 - Avocado*
- Starchy vegetables
 - Potatoes (russet, Yukon Gold, blue, red, etc.)
 - Sweet potatoes and yams
 - Winter squashes and pumpkins
 - Corn
 - Root vegetables (beets, yucca, parsnips, carrots, rutabagas, turnips, etc.)
- Sauces and dips
 - Salsa
 - Guacamole*
 - Hummus



Grocery

- Condiments*
 - Mustard (Dijon, honey, Jalapeño, etc.)
 - Ketchup
 - BBQ sauce
 - Vinegar (Apple cider, rice wine, etc.)
 - Soy sauce or Tamari
 - Fruit jams
 - Balsamic vinaigrette
 - Salad dressings
 - Sundried tomatoes
 - Roasted red peppers
 - Vanilla extract
- Spices and herbs
 - Onion or garlic powder, ginger, black pepper, cumin, etc.
 - Cilantro, basil, oregano, thyme, rosemary, mint, etc.
- Nut or seed butter (peanut, almond, sunflower seed, etc.)*
- Chia or flaxseeds *
- Non-dairy milk (oat, soy, rice, almond, etc.)*
- Oatmeal (rolled or steel cut oats)
- Cereal (Arrowhead Mills, Health Valley, Nature's Path Food, etc.)
- Pasta (whole wheat, quinoa, red lentil, brown rice, etc.)
- Tomato sauce or crushed/diced tomatoes
- Beans (black, garbanzo, kidney, pinto, cannellini, etc.)
- Lentils (green, red, etc.)
- Whole Grains (brown/wild/red/black rice, millet, quinoa, barley, etc.)
- Whole Grain Bread, lavash, or pita (Alvarado Street Bakery, Food for Life, Pacific Bakery, etc.)
- Whole grain English muffins – (Ezekiel brand, Food for Life)
- Vegetable broth
- Canned soups (Amy's, McDougall, Health Valley Foods, etc.)
- Tortillas (corn or whole wheat)
- Tortilla Chips (La Reina unsalted, etc.)
- Rice or corn cakes
- Crackers (365 Woven Wheats, Mary's Gone Crackers, Wasa, etc.)*
- Popcorn (Bearitos, 365, etc.)



Bulk

- Dried fruit (dates, mango, raisins, etc.)*
- Nuts (cashews, almonds, walnuts, pecans, etc.)*
- Whole Grains (rolled oats, steel cut oats, brown/wild/red/black rice, quinoa, millet, barley, wheat berries, amaranth, etc.)
- Popcorn
- Nutritional yeast
- Chia or flaxseeds*

Frozen

- Greens (kale, spinach, collards, etc.)
- Pizza crust (Nature’s Highlights, etc.)
- Tortillas (E2, Mission, etc.)
- Veggie burgers (E2, Sunshine, etc.)*
- Broccoli, Cauliflower, peas, corn, peppers, etc.
- Potato hash or diced potatoes/sweet potatoes
- Edamame*
- Brown rice, quinoa, E2 wild rice blends, etc.
- Veggie mixes (365 Southwestern, 365 California, 365 Mediterranean blends, etc.)
- Fruits (mangoes, berries, peaches, etc.)

Shopping Notes
