

mom
the everyday
athlete

Weekly Shopping List



Heart Disease:

Meat, Fish and Poultry

Roast beef*
Lean ground beef or turkey
Chicken breast, skinless
Peanut butter
Salmon fillet
Low-sodium deli ham
Eggs

Fruits and Vegetables

Red bell peppers*
Yellow bell peppers*
Seasonal Berries*
Lettuce
Fresh mushrooms*
Carrots
Celery
Red onion*
Green onions*
Raisins*
Zucchini
Apple*
Salsa*
Guacamole*
Dried apricots
Snowpeas

Dairy

Low-fat yogurt
Part-skim mozzarella cheese,
shredded
Low-fat cheese, shredded,
combination of spicy cheeses such as
cheddar, jalapeno and/or Monterey
Jack*
Fat-free milk*
Low-fat sliced cheese*
Low-fat sour cream*

Grain

Ready-to-eat cereal*
Whole wheat pitas
Pretzels
Whole wheat bread
Rotini or wagon wheel pasta*
Whole wheat crackers*
Couscous*
10-inch wheat tortillas

Other

Ready-made trail mix*
Low-fat salad dressing
Olive oil*
Low-sodium soup
Honey*
Lime juice*
Lemon juice*
Red wine vinegar*
Dijon mustard*
Parsley*
Salt
Pepper
Dried oregano leaves*
Dried thyme*
Ground cumin*
Vegetable oil*
Trans fat free margarine

*Recommended meal plan ingredient

