

## Shopping Guide For A Better Me

### PRODUCE

- avocados
- apples
- bananas
- beets
- berries( seasonal)
- bok choy
- broccoli
- brussels sprouts
- cabbage, red and green
- carrots
- celery
- citrus, any variety
- collared greens
- cucumber
- eggplant
- fennel
- ginger
- grapefruit
- grapes
- kale
- kiwi
- leafy greens for salad
- lemons
- limes
- melons, any variety
- mushrooms, any variety
- onions, any variety
- peaches
- pears
- plums
- pomegranates
- potatoes, any variety
- rutabaga
- spinach
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- squash, any variety
- tomatoes, any variety

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### SNACKS

- DOVE® Chocolate Fruit & Nut
- almonds
- pistachios
- walnuts
- hummus
- air-popped popcorn
- whole grain crackers
- dried fruit
- whole grain pretzels
- rice crackers
- baked tortilla chips
- baked pita chips
- salsa
- greek and low-fat yogurt
- granola bars

### MISCELLANEOUS

- herbs
- nut butters
- fruit jam
- coconut oil
- olive oil
- balsamic vinegar
- red wine vinegar
- champagne vinegar
- rice wine vinegar
- apple cider vinegar
- low-sodium soy sauce
- brown mustard
- dijon mustard
- low-fat mayonnaise
- herbal tea
- unsweetened coconut

### GRAINS, LEGUMES,

#### SEEDS

- quinoa
- brown rice
- farro
- steel cut oats
- quick cooking oats
- beans
- lentils
- amaranth
- whole wheat pasta
- chia seeds
- hemp seeds
- sunflower seeds
- pepitas
- flax seed
- whole grain bread
- high fiber cereal
- whole grain english muffins
- wild rice
- jasmine rice
- basmati rice

#### DAIRY

- low-fat cheese sticks
- soy milk
- almond milk
- skim milk
- eggs
- low-fat butter
- low-fat cream cheese
- cottage cheese
- tofu
- feta
- low-fat blue cheese
- parmesan cheese
- low-fat mozzarella

### POULTRY, FISH, & MEAT

- salmon
- tuna
- white fish - halibut , flounder
- scallops
- shrimp
- swordfish
- canned fish
- lean red meat
- turkey
- chicken breasts
  
- lean pork
- canadian bacon
- turkey bacon

