

Grocery List

Free Dairy

- ___ FF Buttermilk
- ___ FF Cheese Slices
- ___ FF Cottage Cheese
- ___ FF Cream Cheese
- ___ FF Evaporated Skim Milk
- ___ FF Powdered Milk
- ___ FF Ricotta Cheese
- ___ FF Skim Milk
- ___ FF Shredded Cheese
- ___ FF Sour Cream
- ___ FF Yogurt
- ___ Super Skim Milk

Other: _____

Fresh Herbs

- ___ Basil
- ___ Chives
- ___ Cilantro
- ___ Mint
- ___ Oregano
- ___ Parsley
- ___ Rosemary
- ___ Sage
- ___ Thyme

Other: _____

Hot Beverages

- ___ Cafix
- ___ Herbal Tea
- ___ Kaffree Roma
- ___ Postum
- ___ Wonder Cocoa (99.7% caffeine free)
- ___ Teeccino Herbal Coffee
- ___ Rocamojo Soy Coffee

Supplements

- ___ Multivitamin w/o iron, w/B 12
- ___ Cholesterol Free Fish Oil Capsules
- ___ Beano Dietary Supplement

Other: _____

Fresh Fruits

- ___ Apples
- ___ Apricots
- ___ Bananas
- ___ Blackberries
- ___ Blueberries
- ___ Cantaloupes
- ___ Cherries
- ___ Cranberries
- ___ Grapefruits
- ___ Grapes
- ___ Guava
- ___ Honeydew melon
- ___ Kiwi
- ___ Lemons
- ___ Limes
- ___ Oranges
- ___ Peaches
- ___ Pears
- ___ Pineapples
- ___ Plums
- ___ Pomegranates
- ___ Raspberries
- ___ Strawberries
- ___ Tangerines
- ___ Watermelon

Other: _____

Flavorings & Condiments

- ___ Almond Extract
- ___ Balsamic Vinegar
- ___ Dijon Mustard
- ___ Fat Free Mayonnaise
- ___ Ketchup
- ___ Lemon Juice
- ___ Low Sodium Soy Sauce
- ___ Molasses
- ___ Pickles
- ___ Relish
- ___ Rice Vinegar
- ___ Roasted Red Peppers (in water)
- ___ Smart Beat Smart Squeeze
- ___ Smucker's Baking Healthy
- ___ Tabasco Sauce
- ___ Worcestershire Sauce
- ___ Yellow Mustard
- ___ Better-n-Peanut Butter

Other: _____

Vegetables

- ___ Artichokes
- ___ Asparagus
- ___ Beets
- ___ Bok Choy
- ___ Broccoli
- ___ Brussels Sprouts
- ___ Butter Lettuce
- ___ Cabbage
- ___ Carrots
- ___ Cauliflower
- ___ Celery
- ___ Collard Greens
- ___ Corn
- ___ Cucumbers
- ___ Eggplant
- ___ Endive
- ___ Escarole
- ___ Field Greens
- ___ Green Beans
- ___ Green Peppers
- ___ Kale
- ___ Leeks
- ___ Mushrooms
- ___ Mustard Greens
- ___ Onions
- ___ Radishes
- ___ Red Peppers
- ___ Romaine Lettuce
- ___ Shallots
- ___ Snow Peas
- ___ Spinach
- ___ Squash
- ___ Swiss Chard
- ___ Tomatoes
- ___ Watercress
- ___ Yellow Peppers
- ___ Zucchini

Other: _____

Snacks

- ___ Air Popped Popcorn
- ___ Baked Potato Sticks
- ___ Baked Tostitos
- ___ Fat Free Popcorn
- ___ Fat Free Pretzels
- ___ Rice Cakes

Other: _____



Grains

- ___ Amaranth
 - ___ Barley
 - ___ Brown Basmati Rice
 - ___ Brown Rice
 - ___ Bulgur
 - ___ Kasha
 - ___ Millet
 - ___ Oat Bran
 - ___ Quinoa
 - ___ Wheat Germ
 - ___ Whole Grain Oat Flour
 - ___ Whole Grain Rye Flour
 - ___ Whole Wheat Couscous
 - ___ Whole Wheat Flour
- Other: _____
- _____

Whole Grain Cereals

- ___ 100% Bran
 - ___ All-Bran
 - ___ Cheerios
 - ___ Complete Oat Bran
 - ___ Complete Wheat Bran
 - ___ Fiber One
 - ___ Grape-Nuts
 - ___ Grape-Nut Flakes
 - ___ Kashi Heart to Heart
 - ___ Kashi Go Lean
 - ___ Kashi Good Friends
 - ___ Kellogg Mini-Wheats
 - ___ Multigrain Shredded Spoonfuls
 - ___ Oatmeal
 - ___ Post Bran Flakes
 - ___ Puffed Kashi
 - ___ Puffed Brown Rice
 - ___ Shredded Oats
 - ___ Shredded Wheat
 - ___ Toasted Oatmeal Squares
 - ___ Wheat Chex
 - ___ Whole Grain Raisin Bran
- Other: _____
- _____

Whole Wheat Pasta

- ___ WW Bowtie Noodles
 - ___ WW Elbow Macaroni
 - ___ WW Lasagna Noodles
 - ___ WW Penne
 - ___ WW Spaghetti
 - ___ WW Yolckless Pasta Ribbon
- Other: _____
- _____

Whole Grain & Crackers

- ___ Alladin's WW Pita Bread
 - ___ Country Hearth Stone
 - ___ Ground WW Bread
 - ___ Honey WW Bread Mix
 - ___ Kavli Crispbread Crackers
 - ___ Roman Meal 100% Whole Grain Bread
 - ___ Ry-Krisp
 - ___ Ryvita
 - ___ Thomas' Whole Grain Bagels
 - ___ Wasa Crispbread
 - ___ WW Flour Tortillas
 - ___ WW Matzos
 - ___ Wonder WW Bread
- Other: _____
- _____

*Meat Alternatives**

- ___ Boca Ground Burger (Crumbles)
 - ___ Boca Original Vegan Burger
 - ___ Gardenburger Gourmet Style Veggie Medley
 - ___ Gimmie Lean Sausage
 - ___ Textured Vegetable Protein (TVP)
 - ___ Vegetarian Canadian Bacon
 - ___ Vegetarian Hot Dogs
 - ___ Vegetarian Luncheon Meat
 - ___ Vegetarian Pepperoni
- Other: _____
- _____

Beans, Peas, and Lentils

- ___ Black Beans
 - ___ Black Eyed Peas
 - ___ Cannelloni Beans
 - ___ FF Vegetarian Baked Beans
 - ___ FF Vegetarian Refried Beans
 - ___ Garbanzo Beans (Chick Peas)
 - ___ Green Peas
 - ___ Kidney Beans
 - ___ Lentils
 - ___ Navy Beans
 - ___ Pinto Beans
 - ___ Split Peas
- Other: _____
- _____

Soyfoods

- ___ Baked Tofu
 - ___ Canned Soy Beans
 - ___ Dry Roasted Soy Nuts
 - ___ Edaname
 - ___ Soy Cheeses
 - ___ Soy Milk
 - ___ Soy Yogurt
 - ___ Tempeh
 - ___ Tofu
 - ___ Veggie Cheese
 - ___ Veggie Parmesan
- Other: _____
- _____

Staples

- ___ Bagged Field Greens
 - ___ Bottled FF Salad Dressing
 - ___ FF Vegetarian Canned Soups
 - ___ Egg Substitutes
 - ___ Frozen Mixed Vegetables
 - ___ FF Spaghetti Sauce
 - ___ FF Vegetable Broth
 - ___ Nonstick Pam Spray
 - ___ Salsa
 - ___ Low-Fat Vegetarian Chili
- Other: _____
- _____

*Fat-Free Sweets***

- ___ Angel Food Cake
 - ___ FF Cakes and Muffins
 - ___ FF Caramel Sauce
 - ___ FF Cookies
 - ___ FF Frozen Yogurt
 - ___ FF Hard Candy
 - ___ FF Pudding
 - ___ Honey
 - ___ Honey Spread
 - ___ Jellies and Jams
 - ___ Jell-O
 - ___ Marshmallow Crème
 - ___ Marshmallows
 - ___ Caffeine-Free Soft Drinks
 - ___ Sherbet and Sorbets
 - ___ Syrup
- Other: _____
- _____

* Check the label to ensure item is Ornish-friendly.
** Select reduced or no added sugar