

Week Five Flex Shopping List

Make sure you have your fridge, pantry, and spice rack staples stocked (pages 79–80). Amounts in parentheses indicate how much you will use this week.

This list is for one person; multiply the ingredients if you are cooking for more. Check off what you need from the grocery store this week.

Grains

- Bread, whole grain (2 slices)
- Bread roll, whole grain (1)
- Brown rice (1½ cups precooked microwavable or about ½ cup uncooked)
- Fettuccine, whole grain (2 ounces)
- Hamburger bun, whole grain (1)
- Millet (¼ cup uncooked)
- Mochi or pressed sweet brown rice (1½ ounces, Grainaissance brand)
- Oats, rolled (½ cup)
- Orzo, whole-grain (¼ cup uncooked = 2 ounces uncooked)
- Pancake mix, whole-grain
- Pasta shells, large and whole grain (3 large = 2 ounces uncooked)
- Pita pockets, whole grain (2)
- Popcorn (1 microwavable 100-calorie minibag or 2 tablespoons popcorn)
- Tortillas, whole grain (5 small)

Fruit

- Apple (1)
- Apricots, dried (3)
- Avocado (1)
- Cantaloupe (¾ cup, cubed)
- Cherries, dried (2 tablespoons)
- Honeydew (¾ cup, cubed)
- Pear (1)

Fresh Herbs and Flavorings

- Basil, fresh (¼ cup)
- Cilantro, fresh (1 cup)
- Dill, fresh (1 tablespoon)
- Ginger, fresh (½-inch chunk)
- Mint, fresh (3 tablespoons)
- Parsley, fresh (2 tablespoons)

Vegetables

- Asparagus (8 spears)
- Baby spinach (10 cups)
- Bell pepper, green (½)
- Button mushrooms (1 cup, chopped)
- Cherry tomatoes (½ cup)
- Cucumber (2 cups, sliced)
- Eggplant (½ cup, shredded)
- Green onions (2)
- Peapods (1½ cups)
- Potato (½ cup, shredded)
- Tomato (1)
- Zucchini (½ cup, shredded)

Nuts, Seeds, and Miscellaneous

- Agave nectar (3 teaspoons)
- Almonds (2 tablespoons, sliced)
- Candied ginger (1 tablespoon)
- Coffee (8 ounces brewed)
- Dark chocolate chips, semisweet (2 tablespoons)
- Pine nuts (4 tablespoons)
- Pistachios (1 tablespoon, chopped)
- Prepared pesto (1 tablespoon)
- Pumpkin seeds, green and hulled, or pepitas (2 tablespoons)
- Soy nuts (1 tablespoon)
- Tortilla chips, whole grain (20 chips)
- Wine (5 ounces)

Refrigerated Products

- Cheddar cheese (5 tablespoons, shredded)
- Cottage cheese, low fat (1 cup)
- Eggs (1 whole + 2 whites)
- Feta cheese (1 ounce)
- Hummus (4 tablespoons)
- Kefir, plain, low fat (1½ cups)
- Margarine, trans fat free (1 tablespoon)
- Mozzarella cheese, part skim (1 slice)
- Sour cream, low fat (about ½ cup)
- Tofu, firm (½ cup)

Canned and Frozen Goods

- Black beans, canned (1½ cup)
- Black bean soup, low sodium (1 cup)
- Black olives, canned (2 tablespoons, sliced)
- Cannellini beans, canned (1 cup)
- Corn, canned no-salt-added (½ cup)
- Garbanzo beans, canned (½ cup)
- Great Northern beans, canned (¾ cup)
- Green chilies, canned (2 tablespoons, chopped)
- Green olives, jarred (3 olives)
- Pinto beans, canned (1 cup)
- Refried beans, canned low-fat or vegetarian (¾ cup)
- Roasted red peppers, jarred in water (½ cup)
- Spaghetti sauce, less than 80 calories per ½ cup (¾ cup)
- Frozen edamame pods, or green soybeans in pod (15 pods)
- Frozen mixed berries, unsweetened (1½ cups)
- Frozen peas (½ cup)
- Frozen vegetables, such as broccoli, cauliflower, and carrot (1 cup)
- Frozen waffles, whole grain (2)
- Vegetarian sausage-style crumbles (½ cup)
- Veggie burger (1 burger)