

## Week One 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

- Bagel, whole grain (1)
- Barley, hulled ( $\frac{1}{4}$  cup uncooked)
- Bread, whole grain (1 slice)
- Brown rice (about 2 cups precooked microwavable or  $\frac{2}{3}$  cup uncooked)
- Bulgur ( $\frac{1}{4}$  cup uncooked)
- Crunchy granola bar, whole grain (1)
- Flatbread, whole grain (1)
- Hamburger bun, whole grain (1)
- Oats, rolled ( $1\frac{1}{4}$  cups)
- Penne, whole grain ( $\frac{2}{3}$  cup uncooked = 2 ounces uncooked)
- Pita pocket, whole grain (1)
- Popcorn (1 microwavable 100-calorie minibag or 2 tablespoons popcorn)
- Quinoa ( $\frac{1}{4}$  cup uncooked)
- Tortillas, whole grain (6 small)

### Fruit

- 100 percent pineapple juice ( $\frac{1}{4}$  cup)
- Apples (4)
- Apricots, dried (3)
- Avocado (1)
- Bananas (2)
- Cranberries, dried (3 tablespoons)
- Figs, dried (2)
- Grapefruit (1)
- Orange (1)
- Raisins (3 tablespoons)
- Red grapes ( $\frac{1}{2}$  cup)

### Fresh Herbs and Flavorings

- Basil, fresh (about 1 cup)
- Chives, fresh (1 tablespoon)
- Dill, fresh (2 tablespoons)
- Ginger, fresh (½-inch chunk)
- Parsley, fresh (1 tablespoon)

### Vegetables

- Bell pepper, red (1)
- Broccoli raab (1½ cups)
- Carrots, shredded (1¼ cups)
- Cherry tomatoes (1½ cups)
- Eggplant (1 small)
- Fennel bulb (¼)
- Green onions (3)
- Green spring salad mix (6 cups salad)
- Kale (3 cups)
- Portobello mushroom (1 large)
- Potato (½ small)
- Romaine lettuce (1 cup)
- Sweet potato (1 small)
- Tomato (1 medium)

### Nuts, Seeds, and Miscellaneous

- Almonds (3 tablespoons, sliced)
- Flaxseed, ground (1 tablespoon)
- Nutritional yeast (2 tablespoons)
- Pecans (1 tablespoon, chopped)
- Pine nuts (5 tablespoons)
- Soy nuts (¼ cup)
- Walnuts (5 tablespoons, chopped)

### Refrigerated Products

- Cheddar cheese (2 slices)
- Cottage cheese, low fat (½ cup)
- Eggs (1 whole + 2 whites)
- Feta cheese (1 ounce)

## Five-Week Flex Meal Plan and Five-Main-Ingredient Flex Recipes

- Goat cheese (1½ ounces)
- Greek-style plain yogurt, low fat (6-ounce container)
- Mozzarella cheese, fresh (1 ounce)
- Parmesan cheese (2 tablespoons, grated)
- Plain yogurt, low fat (6-ounce container)
- Tofu, extra firm (1 cup)
- Silken tofu, lite, firm (½ cup)

### **Canned and Frozen Goods**

- Artichoke hearts, canned in water (3 hearts)
- Black beans, canned (¾ cup)
- Black olives, canned and sliced (2 tablespoons)
- Cannellini beans, canned (1¼ cups)
- Garbanzo beans, canned (1 cup)
- Great Northern beans, canned (½ cup)
- Lentils, canned (1½ cups)
- Refried beans, canned low-fat or vegetarian (¾ cup)
- Frozen edamame, or shelled green soybeans (1 cup)
- Frozen mixed berries, unsweetened (1 cup)
- Frozen waffles, whole grain (2)
- Low-sodium tomato soup (1½ cups)
- Vegetarian sausage-style crumbles (¼ cup)
- Veggie burger (1)