

## Week Three 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

- Baguette or bread roll, whole grain (1 small)
- Bread, whole grain (6 slices)
- Brown rice ( $\frac{3}{4}$  cups precooked microwavable or  $\frac{1}{4}$  cup uncooked)
- Bulgur ( $\frac{1}{4}$  cup uncooked)
- Cereal, cold, whole grain (1 cup)
- Crispbread crackers, whole grain (2 crackers such as Wasa)
- Hamburger bun, whole grain (1)
- Millet ( $\frac{1}{4}$  cup uncooked)
- Oats, rolled (1 cup)
- Pancake mix, whole grain ( $\frac{1}{3}$  cup prepared)
- Pita pocket, whole grain (2)
- Rigatoni, whole grain ( $\frac{3}{4}$  cup uncooked = 2 ounces uncooked)
- Tortillas, whole grain (2 small)

### Fruit

- 100 percent apple juice ( $\frac{1}{4}$  cup)
- Apples (2)
- Apricots, dried (2)
- Avocado (1)
- Banana (1)
- Blueberries (1 cup)
- Cranberries, dried (2 tablespoons)
- Dates (5)
- Pear (1)
- Raisins (3 tablespoons)
- Red grapes (1 cup)
- Strawberries ( $\frac{3}{4}$  cup)

### Fresh Herbs and Flavorings

- Cilantro, fresh (4 tablespoons)
- Dill, fresh (4 tablespoons)
- Mint, fresh (2 tablespoons)

### Vegetables

- Bell pepper, green (1 pepper + ½ cup diced)
- Bell pepper, red (½ cup diced)
- Bell pepper, yellow (½ cup diced)
- Broccoli (1 cup)
- Brussels sprouts (1 cup)
- Cauliflower (1 cup)
- Celery (4 stalks)
- Cucumber (½)
- Fennel bulb (½)
- Green onions (1)
- Green spring salad mix (7 cups)
- Leek (1)
- Plum tomatoes (2)
- Potato (1)
- Romaine lettuce (3 cups)
- Spaghetti squash (½)
- Swiss chard (2 cups)
- Yellow squash (½)
- Zucchini (1)

### Nuts, Seeds, and Miscellaneous

- Agave nectar (2 teaspoons)
- Almonds (5 whole and 2 tablespoons sliced)
- Cashews (2 tablespoons chopped)
- Cocoa powder, unsweetened (1 teaspoon)
- Dark chocolate chips, semisweet (2 tablespoons)
- Hot sauce (1 to 2 dashes)
- Mayonnaise, light canola (2 tablespoons)
- Pecans (2 tablespoons chopped)
- Pine nuts (1 tablespoon)

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

- Pistachios (about 5 tablespoons shelled)
- Sweet relish (1 tablespoon)
- Walnuts (4 tablespoons chopped)

### **Refrigerated Products**

- Eggs (2 whole + 5 whites)
- Feta cheese (½ ounce)
- Goat cheese (1 ounce)
- Hummus (4 tablespoons)
- Parmesan cheese (4 tablespoons, grated)
- Plain yogurt, low fat (½ cup + 6-ounce container)
- Swiss cheese (4 slices)
- Tofu, extra firm (3 ounces)

### **Canned and Frozen Goods**

- Beets, canned no-salt-added and sliced (¾ cup)
- Black beans, canned (½ cup)
- Butter beans or large Fordhook lima beans, canned (½ cup)
- Cannellini beans, canned (½ cup)
- Garbanzo beans, canned (1 cup)
- Kidney beans, canned (¾ cup)
- Lentil soup, low sodium (1 cup)
- Navy beans, canned (1¼ cups)
- Roasted red bell peppers, jarred in water (½ cup)
- Sauerkraut, canned or refrigerated (3 tablespoons)
- Tomato juice, low sodium (6 ounces)
- Frozen mixed berries, unsweetened (½ cup)
- Frozen peas (¼ cup)
- Veggie burger, black bean (1)