

Grocery List: 1500 Calories Cancer Prevention



Grocery List report created exclusively for Jane Doe

Food	Quantity	Measure
Beans, Lentils		
Beans, kidney, all types, mature seeds, cooked, boiled, without salt	0.50	1 cup
Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.25	1 cup
Soy milk, fluid	3.00	1 cup
Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	1.00	0.2 block
Beverages		
Orange Juice, Tropicana- 100% pure, plus calcium	48.00	fluid ounce(s)
Tea, brewed, prepared with tap water, decaffeinated	23.00	1 cup (8 fl oz)
Vegetable juice - V8, no salt	24.00	fluid ounce(s)
Breads and baked goods		
Crackers, melba toast, wheat	2.00	0.5 oz
English muffins, whole-wheat	1.00	1 muffin
English muffins, whole-wheat, toasted	1.50	1 muffin
Pita - wheat	1.00	each
Carb. Snack Foods (Healthy)		
Apple - medium with peel	1.00	each
Rice cake - apple cinnamon, Quaker	2.00	each
Cereals		
Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	1.50	1 cup (1 NLEA serving)
Cereals ready-to-eat, wheat germ, toasted, plain	3.00	1 oz
Oatmeal - instant pkt.,plain Quaker Extra	2.00	pack
Dairy		
Cheddar, mild shredded, KRAFT Lite Naturals	2.00	ounce(s)
Cheese, mozzarella, part skim milk	1.00	1 oz
Milk - skim, no fat	7.00	cup
Parmesan, grated, KRAFT	0.25	ounce(s)
Yogurt - Yoplait, Light, all flavors	36.00	ounce(s)
Desserts		
Jams and preserves	0.50	1 tablespoon
Dressings		
Oil & vinegar - Wish-Bone, Lite Classic	9.00	table spoon
Fats & Oils		
Olive oil - pure	1.00	table spoon
Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.50	2 tablespoon
Salad dressing, KRAFT Mayo Light Mayonnaise	1.00	1 tablespoon
Fibrous Carbohydrates (Healthy)		
Celery - raw stalk trimmed	3.00	each
Tortilla 99% fat free, whole wheat, flour	1.00	each
Finfish and Shellfish		
Fish, salmon, pink, cooked, dry heat	1.00	0.5 fillet
Fish, tuna salad	0.75	1 cup
Fruits & Fruit Juices		
Apricots, dried, sulfured, stewed, without added sugar	0.50	1 cup, halves
Banana - med 8"	1.00	each
Blueberries, raw	0.50	1 cup

Food	Quantity	Measure
Cantaloupe - muskmelon	0.50	each
Cherries, sweet, medium	20.00	each
Grapefruit - pink or red 4" diam.	0.50	each
Grapes - American	15.00	each
Kiwi fruit, (chinese gooseberries), fresh, raw	2.00	1 fruit without skin, medium
Nectarine - medium, 2.5" diam.	1.00	each
Orange - medium	1.00	each
Peaches, raw	1.50	1 cup, slices
Pear -medium w/peel	1.00	each
Plum - fresh, 2.25" diam	1.00	each
Raisins, seedless	0.25	50 raisins
Strawberries, raw	1.00	1 cup, halves
Watermelon, raw	1.50	1 cup, balls
Jams/ Spreads/Sauces/ Syrups		
Relish - pickle	0.50	table spoon
Salsa - Chunky medium, Pace	4.00	table spoon
Spaghetti sauce - no salt, Prego	0.25	cup
Syrup - Aunt Jemima, Lite	1.00	table spoon
Miscellaneous		
Vegetarian burger - frozen, Green Giant, Harvest	2.00	each
Waffle - EGGO, frozen, Homestyle	2.00	each
Noodles & Pastas		
Spaghetti - whole wheat, cooked, Health Valley	1.00	cup
Nuts & Seeds		
Nuts, almonds, dry roasted, without salt added	1.00	1 oz (22 whole kernels)
Nuts, walnuts, english	1.00	1 oz (14 halves)
Seeds, flaxseed	1.50	1 tablespoon
Seeds, sunflower seed kernels, dry roasted, without salt	0.50	1 oz
Protein Snack Foods (Healthy)		
Cottage Cheese - 1% fat	2.50	cup
Tuna Solid White -Water Sm. can	3.00	ounce(s)
Proteins (Healthy)		
Chicken Breast / White Meat	8.00	ounce(s)
Egg Beaters - Fleischmann's	1.00	cup
Halibut - broiled	4.00	ounce(s)
Kraft American Cheese 2% Milk	1.00	slice
Swordfish - cooked dry heat	4.00	ounce(s)
Recipes		
MAIN75 - Eggplant Parmesan	1.00	each
Rice, grains, flour		
Rice, brown, long-grain, cooked	0.50	1 cup
Seasonings		
Spices, garlic powder	1.00	1 tablespoon
Spices, garlic powder	1.00	1 teaspoon
Snacks & Treats		
Snacks, popcorn, air-popped, white popcorn	3.00	1 cup
Starchy Carbohydrates (Healthy)		
Potato/White - Baked	3.00	ounce(s)
Vegetables		

Food	Quantity	Measure
Alfalfa seeds, sprouted, raw	0.25	1 cup
Asparagus, cooked, boiled, drained	1.00	0.5 cup
Beets, cooked, boiled, drained	1.00	0.5 cup slices
Bok Choy, boiled, drained	1.00	1/2 cup
Broccoli, cooked, boiled, drained, without salt	2.00	0.5 cup, chopped
Broccoli, flower clusters, raw	1.00	1 cup flowerets
Brussels sprouts, cooked, boiled, drained, without salt	1.00	0.5 cup
Carrots, baby, raw	24.00	1 large
Cauliflower, cooked, boiled, drained, without salt	2.00	0.5 cup (1" pieces)
Corn, sweet, yellow, cooked, boiled, drained, without salt	1.00	0.5 cup cut
Green salad w/ raw vegetables	12.00	cup
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.00	0.5 cup
Mushrooms, raw	1.00	0.5 cup pieces
Onions, spring or scallions (includes tops and bulb), raw	2.00	1 tablespoon chopped
Spinach - boiled, drained	1.00	cup
Spinach, raw	7.00	1 leaf
Sweetpotato, cooked, baked in skin, without salt	1.00	1 cup
Tomato - sm. w/peel, 2.5" diam.	0.50	small
tomato, diced	2.00	1/2 cup