

Grocery List: 2100 Calories Heart Disease



Grocery List report created exclusively for John Doe

Food	Quantity	Measure
Beans, Lentils		
Beans, pinto, mature seeds, cooked, boiled, with salt	1.00	1 cup
Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.50	1 cup
Garbanzo - boiled	2.00	ounce(s)
Peanut butter, smooth style, without salt	0.50	2 tablespoon
Peanuts, all types, dry-roasted, without salt	1.00	1 oz
Soy milk, fluid	5.50	1 cup
Soybeans, mature seeds, roasted, no salt added	0.25	1 cup
Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	2.00	0.5 cup
Walnuts, dried	1.00	ounce(s)
Beverages		
Orange Juice, Tropicana- 100% pure, plus calcium	40.00	fluid ounce(s)
Tea, brewed, prepared with tap water, decaffeinated	21.00	1 cup (8 fl oz)
Vegetable juice - V8, no salt	24.00	fluid ounce(s)
Breads and baked goods		
Bread, oat bran, toasted	6.00	1 slice
Muffins, oat bran	3.00	1 muffin (2-1/2" dia x 2-1/4")
Pita - wheat	4.00	each
Carb. Snack Foods (Healthy)		
Apple - medium with peel	1.00	each
Cereals		
Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	5.00	1 cup (1 NLEA serving)
Cereals ready-to-eat, wheat germ, toasted, plain	1.50	1 oz
Oatmeal - instant pkt.,plain Quaker Extra	4.00	pack
Dairy		
Cheddar, mild shredded, KRAFT Lite Naturals	2.50	ounce(s)
Cheese, mozzarella, part skim milk	1.00	1 oz
Milk - skim, no fat	5.00	cup
Parmesan, grated, KRAFT	1.50	ounce(s)
Yogurt - Yoplait, Light, all flavors	22.00	ounce(s)
Desserts		
Jams and preserves	1.00	1 tablespoon
Dressings		
Oil & vinegar - Wish-Bone, Lite Classic	6.50	table spoon
Fats & Oils		
Olive oil - pure	0.75	table spoon
Salad dressing, KRAFT Mayo Light Mayonnaise	1.00	1 tablespoon
Fibrous Carbohydrates (Healthy)		
Green beans - string boiled & drained	5.00	ounce(s)
Salad - lrg. garden w/tomato & onion	1.00	large
Tortilla 99% fat free, whole wheat, flour	2.00	each
Finfish and Shellfish		
Fish, salmon, pink, cooked, dry heat	2.00	3 oz
Fish, trout, mixed species, cooked, dry heat	2.00	3 oz
Fish, tuna salad	1.75	1 cup

Food	Quantity	Measure
Fruits & Fruit Juices		
Apple - medium with peel	1.00	each
Apricots, dried, sulfured, stewed, without added sugar	2.00	1 cup, halves
Banana - med 8"	5.00	each
Blueberries, raw	0.75	1 cup
Grapefruit - pink or red 4" diam.	2.00	each
Grapes - American	36.00	each
Peaches, raw	1.00	1 cup, slices
Pear -medium w/peel	1.00	each
Raisins, seedless	2.00	50 raisins
Raspberries, raw	1.00	1 cup
Strawberries, raw	1.00	1 cup, halves
Tangerine - fresh peeled	10.00	ounce(s)
Jams/ Spreads/Sauces/ Syrups		
Relish - pickle	0.50	table spoon
Salsa - Chunky medium, Pace	4.00	table spoon
Spaghetti sauce - no salt, Prego	1.50	cup
Miscellaneous		
Vegetarian burger - frozen, Green Giant, Harvest	1.00	each
Noodles & Pastas		
Spaghetti - whole wheat, cooked, Health Valley	3.00	cup
Nuts & Seeds		
Nuts, almonds, dry roasted, without salt added	0.25	1 oz (22 whole kernels)
Seeds, flaxseed	3.50	1 tablespoon
Seeds, sunflower seed kernels, dried	0.25	1 cup
Protein Snack Foods (Healthy)		
Cottage Cheese - 1% fat	2.00	cup
Proteins (Healthy)		
Chicken Breast / White Meat	8.00	ounce(s)
Egg Beaters - Fleischmann's	3.00	cup
Turkey Breast / White Meat	5.00	ounce(s)
Rice, grains, flour		
Rice, brown, long-grain, cooked	5.00	1 cup
Seasonings		
Spices, garlic powder	0.50	1 teaspoon
Snacks & Treats		
Snacks, popcorn, air-popped, white popcorn	12.00	1 cup
Soups and Gravies		
Sauce, ready-to-serve, salsa	2.00	1 tablespoon
Vegetables		
Alfalfa seeds, sprouted, raw	1.25	1 cup
Asparagus, cooked, boiled, drained	1.00	0.5 cup
Beets, pickled, canned, solids and liquids	0.50	1 cup, slices
Broccoli, cooked, boiled, drained, without salt	2.00	0.5 cup, chopped
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.50	1 cup
Carrots, baby, raw	34.00	1 large
Carrots, cooked, boiled, drained, without salt	2.00	0.5 cup slices
Cauliflower, cooked, boiled, drained, without salt	2.00	0.5 cup (1" pieces)
Green salad w/ raw vegetables	9.50	cup
Mushrooms, raw	1.00	0.5 cup pieces

Food	Quantity	Measure
Mushrooms, shiitake, cooked, without salt	1.50	1 cup, pieces
Onions, spring or scallions (includes tops and bulb), raw	0.25	1 cup, chopped
Spinach, raw	0.25	1 cup
Spinach, raw	1.00	1 leaf
Sweetpotato, cooked, baked in skin, without salt	1.00	1 medium (2" dia, 5" long, raw)
Tomato - sm. w/peel, 2.5" diam.	1.50	small
tomato, diced	2.00	1/2 cup
Yam, cooked, boiled, drained, or baked, without salt	1.00	0.5 cup, cubes
zucchini, boiled, drained	3.00	1/2 cup