

# Smart "Notches" Shopping List

## Produce

- Fresh fruit
- Fresh vegetables  
(broccoli, carrots, peppers, potatoes, squash, etc. )
- Fresh herbs
- Packaged lettuce, coleslaw mix, or shredded carrots
- Pre-cut fresh vegetables for soup, stir-fries, and kabobs

## Deli

- Roasted whole chicken
- Lean deli meats
- Hummus

## Meat/Poultry/Fish

(fresh and/or frozen)

- Skinless chicken breast, turkey breast, or chicken thighs
- 99% fat-free ground turkey or 93% lean ground beef
- Lean pork chop or pork loin Lean, trimmed ank steak, beef tenderloin, or strip sirloin
- Tuna fillet, wild salmon, or flounder
- Shrimp

## Canned Foods/Staples

- Canned tomato sauce/jarred marinara sauce
- Canned diced tomatoes
- Fat-free salsa
- Canned black beans or chickpeas
- Canned vegetables (without added salt, sugar, or oil)
- Canned unsweetened fruit (in water)
- Reduced-sodium chicken or vegetable broth
- Canned white tuna or canned salmon  
(packed in water)
- Peanut butter

## Grains/Pasta

- Whole-grain pasta or regular pasta
- Brown rice or white rice
- Quinoa, or barley
- Dry lentils
  
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## Bread/Cereal

- Reduced-calorie bread or hamburger buns
- Thin sandwich bread or light English muffins
- Whole-wheat or corn tortillas\*
- Plain oatmeal or cream of wheat
- Unsweetened shredded wheat or whole-grain cereal\*

## Dairy

- Fat-free milk or low-fat milk Regular soy milk (plain)
- Eggs or egg substitute
- Fat-free cheese or regular cheese
- Low-fat shredded cheese or string cheese
- Almond milk
- Crumbled feta or Parmesan cheese
- Low-fat cream cheese
- Fat-free cottage cheese
- Fat-free plain Greek yogurt
- Silken or firm regular or low-fat tofu

## Frozen

- Frozen vegetables (without added sauce and salt)
- Frozen unsweetened fruit Veggie burgers  
(with 2 g of fat or less)
- Vegetarian ground "meat"
- Whole-grain waffles
- Weight Watchers ice cream bars

## Sorbet

## Snacks

- 94% fat-free microwave or air-popped popcorn
- Baked potato chips or baked tortilla chips
- Sugar-free gelatin Almonds

## Seasonings & Condiments

- Cooking spray, oil and vinegar
- Salt and pepper
- Dried herbs and spices, seasoning mixes, dry rubs
- Fat-free or low-fat salad dressing
- Fat-free mayonnaise
- Hot sauce/Mustard/Ketchup
- Reduced-sodium soy sauce Steak sauce
- Teriyaki sauce

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