

Grocery List

Welcome to your *Lickety-Split* Shopping Solution!

The *Lickety-Split* Grocery List includes every ingredient necessary to make any recipe in *Lickety-Split Meals for Health Conscious People on the Go!* This list is designed to: (1) Guide you in stocking your pantry so you can make any *Lickety-Split* recipe you wish and; (2) Make weekly re-stocking a snap.

Gone are the days of not having everything you need when you need it. And NO more tedious list making! Each week your list is organized, neatly typed with brand name recommendations.

Here's how it works:

Step #1 Inventory Your Kitchen & Customize Your List

While at home, use the list to guide you through your refrigerator, freezer and all your cupboards. Using a pencil, check-mark any item that you don't already have or is so old it needs replacing. (This is a good time to "clean and toss" to make space for all the new items you'll be bringing home.)

The "par stock" column is the number I suggest you keep on hand for each item. This number is based on a family of four. You will need to adjust for your family size and preferences. The "re-stock" column is for marking the quantity you need in order to achieve the "par stock" level.



For an ingredient that you question you will ever use, look at the “for use in” column to see what recipe(s) the item is used in. If the item is perishable and used in a recipe that you don’t plan to make this week, skip it. If it’s an ingredient for a recipe that doesn’t sound like one you may ever make, skip it. In fact, for any item that you know you will never use, simply draw a line through it.

Finally, use the blank lines in the back to write in items you commonly use that aren’t on the list. (Every family has their own favorites!) Now your list is customized and ready for your first big “stocking” trip!

Step #2 Embark on Your First Big “Stocking” Trip

This initial trip will require extra time, energy and money. But I promise, you will enjoy having everything you need, and each subsequent trip will be super quick, easy and much less expensive!

Pick a time when you are fresh and energized. Eat before you go. Consider enlisting someone to go with you for help. Find child care for small children. Be prepared to read some labels, however, you’ll be glad to know that many times I’ve given you brand name recommendations.

Step #3 Organize and Train the Family

Once you’re home with your fresh supply of ingredients, try to refrain from shoving stuff any old place. Take time to group all the like canned items together, like freezer items together, and so on. The minutes you spend now will save you hours in the coming weeks! Consider cleaning and cutting raw vegetables before putting them away for quick and easy snacking during the week.

Now, erase the “re-stock” column of your *Lickety-Split* Grocery List and return the book to its countertop position. Next, call all family members into the kitchen. Explain the shopping you have done. Point out the newly organized cupboards and brainstorm for simple strategies to keep them that way. And, most importantly, explain that whenever someone discovers an item is almost used up or all used up, they

should mark it on the list. Point out how the list is organized and how to use it. Be prepared to spend the next few weeks reminding family members of this important new habit.

Assuming your education session is successful, when it’s time to go shopping again, your list will be already made! All neatly typed and organized according to store sections and with brand name recommendations. Even Dad won’t mind picking up the groceries once in a while! Now, this is living!

Abbreviations

opt.....	Optional item. Not required, but recommended.
0-1	Some weeks you will buy 0, some weeks you will buy 1 (or whatever quantity is stated) according to your menu choices for that week.
1+	Buy 1 or more, depending on your family’s needs.
pkg.....	package
oz.....	ounce
lb.....	pound
qt.....	quart
sm.....	small
med.....	medium
lg.....	large

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Fresh Fruit

(Choose from seasonal selections. Adjust the amount your family needs using the chart above. The par-stock numbers below are a guide for 2 people for one week.)

_____	8	Bananas (med)	Breakfasts & snacking Smoothies Banana Nut Cake or Muffins Banana-Oat Pancakes Summer Fresh Fruit Pie Flaming Bananas Foster
_____	8	Oranges	Breakfasts & snacking
_____	8	Apples (sm)	Snacking Scrumptious Swiss Oats ... Crunchy Apple Salad
_____	1	Grapes (bunch)	Snacking Ambrosia Rice Almond Chicken Salad
_____	1	Cantaloupe or Honeydew	Breakfasts & snacking
_____	0-1	Strawberries (qt)	Breakfasts & snacking Scrumptious Swiss Oats ... Summer Fresh Fruit Pie
_____	0-1	Blueberries (pt)	Breakfasts & snacking Scrumptious Swiss Oats ... Summer Fresh Fruit Pie

_____	0-1	Raspberries (pt)	Breakfasts & snacking Scrumptious Swiss Oats ... Summer Fresh Fruit Pie Chocolate Amaretto Cheesecake
_____	0-8	Nectarines (sm)	Breakfasts & snacking Summer Fresh Fruit Pie
_____	0-8	Peaches (sm)	Breakfasts & snacking Summer Fresh Fruit Pie
_____	4-8	Pears (sm)	Breakfasts & snacking
_____	4-6	Grapefruit	Breakfasts & snacking
_____	4	Kiwi	Breakfasts & snacking Scrumptious Swiss Oats ...
_____	1-2	Lemon	Flavoring ice water Recipes with fish Pasta Slaw Lentil Spinach Soup Curried Chickpeas ... Broiled Orange Roughy Tzatziki
_____	opt	Pineapple	Snacking Marinated Sesame Chicken ...
_____	opt	Coconut	Sunshine Carrot-Raisin Salad

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Fresh Veggies

Each week purchase as needed to have on hand:

_____	1	Potatoes (bag) baking or red	Baked potatoes <i>Oven Fries</i> <i>Potato Salad</i> <i>Pizzucchini with Redskins</i>
_____	4+	Sweet potatoes or yams Don't forget these!	Baked sweet potatoes <i>Gypsy Stew</i>
_____	1	Onions (bag)	Used regularly
_____	opt	Green onions (bunch)	Salads <i>South of the Border Roll-ups</i> <i>Herbed Salmon Spread</i> <i>Oklahoma Bean Dip</i> <i>7-Layer Bean Dip</i> <i>Benito Bean Dip and Burritos</i> <i>Great Northern Tuna Salad ...</i> <i>Chicken Dijon Stuffed ...</i> <i>Caribbean Black Beans ...</i> <i>Oriental Noodle Toss</i>
_____	1+	Broccoli 2 heads are better than 1!	Used regularly
_____	1+	Cauliflower (heads)	Used regularly

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_____	1+	Baby carrots (lg bag)	Used regularly
_____	1	Celery (bunch)	Snacking Salads <i>Miracle Soup</i> <i>Potato Salad</i>
_____	3+	Green bell peppers	Used regularly
_____	1+	Red bell peppers	Used regularly
_____	1+	Yellow bell peppers	Used regularly
_____	4+	Tomatoes	Used regularly
_____	1+	Cucumbers	Snacking Salad <i>Tzatziki</i>
_____	1+	Lettuce (dark greens) If desired, pre-bagged, ready to eat	Instant tossed salads <i>1-Minute Mini-Meals</i>
_____	opt	Shredded carrots (bag)	<i>Creamy Frosted Carrot Cake...</i> <i>Sunshine Carrot-Raisin Salad</i> <i>Pasta Slaw</i>
_____	0-2	Shredded cabbage (bags)	<i>Miracle Soup</i> <i>Pasta Slaw</i>

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Fresh Veggies (continued)

Each week choose 2 or 3 for variety:

_____	0-1	Green beans (1 lb)	<i>Crispy Chicken Dijon</i> <i>Hungarian Chicken Paprikash</i>
_____	0-1	Asparagus (bunch) Buy frozen if you prefer	<i>Salmon Patties</i> <i>Chicken Dijon Stuffed ...</i> <i>Creamy Chicken Dijon</i>
_____	0-4	Zucchini (sm)	<i>Ratatouille</i> <i>Chicken Cacciatore</i> <i>Veggie Sghetti</i> <i>Southwest Chicken Pizza</i> <i>Easy Pepper Steak Stir-Fry</i> <i>Pizzucchini with Redskins</i>
_____	0-2	Yellow crooked neck squash (sm)	<i>Ratatouille</i> <i>Easy Pepper Steak Stir-Fry</i>
_____	0-20	Mushrooms	<i>Ratatouille</i> <i>Marinated Sesame Chicken ...</i>
_____	0-1	Eggplant (med)	<i>Ratatouille</i>
_____	0-2	Butternut squash	<i>Cinnamon Butternut Squash</i>
_____	opt	Alfalfa sprouts	Salads <i>Mediterranean Lavash Roll-ups</i> <i>Turkey & Hot Mustard Roll-ups</i>
_____	0-20	Cherry tomatoes	<i>Marinated Sesame Chicken ...</i> <i>1-Minute Mini-Meals</i>

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Miscellaneous Produce

_____	1	Garlic, minced in a jar or head of fresh cloves	Basic supply
_____	1	Gingerroot, minced in a jar or a 4" fresh root	Basic supply
_____	opt	Parsley (bunch) Will keep 3 wks. in fridge	<i>Curried Chickpeas & Gingered Black Beans</i>
_____	opt	Cilantro (bunch) Will keep 3 wks. in fridge	<i>Tofu Fiesta</i> <i>7-Layer Bean Dip</i> <i>Benito Bean Dip</i>
_____	0-2	Tofu, firm (12-oz) (see buying tips, pg 326)	<i>Scrambled Tofu</i> <i>Tofu Bites</i> <i>Tofu Fiesta</i> <i>Fajitas</i> <i>Sweet & Sour Stir-Fry</i> <i>Eggless Salad Stuffer</i>
_____	0-2	Tofu, soft (12-oz)	<i>Quick Creamy Tomato Soup</i>
_____	0-1	Fresh salsa	Snacking <i>Black Bean & Corn Salad</i> <i>Mexican LaZonya</i> <i>Spanish Red Beans & Rice</i>
_____	0-2	Cranberries (12-oz bag) Fresh are available in the fall. Buy several and freeze to have on hand.	<i>Cranberry Salad</i>

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Miscellaneous Produce (continued)

_____	0-1	Tabouli	<i>Mediterranean Lavash Roll-ups</i>
_____	0-1	Pumpkin (med) A special autumn treat!	<i>Jack in the Pumpkin</i>
_____	0-1	Hummus I recommend the roasted red pepper or hummus with spinach	Snacking 1-Minute Mini-Meals <i>Mediterranean Lavash Roll-ups</i>

Dried Fruit

_____	1	Raisins (box)	Cereal Baking <i>Chevy Multi-Grain Bars</i> <i>Creamy Frosted Carrot Cake</i> <i>Breakfast in a Cookie</i> <i>Oatmeal Cookies</i> <i>Sunshine Carrot-Raison Salad</i>
_____	0-1	Dried cherries (tub)	<i>Broccoli & Dried Cherry Salad</i> <i>Scrumptious Swiss Oats ...</i>
_____	opt	Dried cranberries	Salad toppings <i>Scrumptious Swiss Oats ...</i>
_____	0-1	Dried apricots (box)	Snacking Office pick-me-up <i>Scrumptious Swiss Oats ...</i>

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Dried Beans and Grains

_____	1	Lentils, dried (16-oz bag)	<i>Lentil Spinach Soup</i> <i>Baked Lentils & Rice</i>
_____	1	Black beans, dried (16-oz bag)	<i>Mexican Black Beans</i>
_____	1	Split peas, dried (16-oz bag)	<i>Split Pea Soup</i>
_____	2	Uncle Ben's whole-grain instant brown rice	Numerous meals
_____	1	Brown rice I highly recommend Basmati	<i>Baked Lentils & Rice</i> <i>Jack in the Pumpkin</i> <i>Spinach Veal Roll</i>
_____	opt	Wild rice	<i>Jack in the Pumpkin</i>
_____	1	Barley, quick-cooking	<i>Beef Barley Soup</i>

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Pasta

The following is a recommended selection of pasta shapes to keep on hand. Look for whole-grain versions for more fiber and nutrition. My favorite brand is Eden Organic. Visit www.EdenFoods.com.

_____	2	Spaghetti	<i>Veggie Sghetti</i>
_____	1	Angel hair	<i>Parmesan Turkey Cutlets</i> <i>Oriental Noodle Toss</i>
_____	1	Corkscrews	<i>Southwest Chili Pasta</i> <i>Chicken Cacciatore</i>
_____	1	Macaroni	<i>Herbed Italian Sausage</i>
_____	1	Shells, small	<i>Hearty Bean & Pasta Stew</i> <i>Tuna Noodle Casserole</i>
_____	1	Penne	<i>White Beans & Penne Pasta</i>
_____	2	Lasagna noodles	<i>LaZonya</i>
_____	1	Egg noodles	<i>Creamy Chicken Dijon</i> <i>Hungarian Chicken Paprikash</i> <i>Cranberry Pork Roast</i>
_____	1	Linguine	<i>Pasta Primavera</i>

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Soups

_____	opt	Chicken bouillon granules, low-sodium (sm)	Basic supply
_____	opt	Beef bouillon granules, low-sodium (sm)	Basic supply
_____	4	Chicken broth, Swanson Natural Goodness 100% fat-free, 1/3 less sodium (14½-oz can)	Basic supply
_____	2	Beef broth (14½-oz can) reduced-sodium, if available	Basic supply
_____	3	Cream of mushroom soup, Campbell's Healthy Request (10½-oz can)	<i>Tuna Noodle Casserole</i> <i>Beef Stroganoff</i> <i>Simple Baked Chicken & Rice</i>
_____	2	Cream of chicken soup, Campbell's Healthy Request (10½-oz can)	<i>Creamy Chicken Enchiladas</i> <i>Simple Baked Chicken & Rice</i>
_____	2	Dry vegetable soup mix, Knorr or Mrs. Grass (pkg)	<i>Spinach Dip</i> <i>Miracle Soup</i>

Grocery List



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Canned Fruit

_____	2	Peaches, lite (16-oz can)	Serve with meals
_____	2	Pears, lite (16-oz can)	Serve with meals
_____	1	Apricots, lite (16-oz can)	Serve with meals
_____	1	Fruit cocktail, lite (16-oz can)	Serve with meals
_____	1	Mandarin oranges (15-oz can)	<i>Ambrosia Rice</i> <i>Almond Chicken Salad</i>
_____	6	Pineapple tidbits, packed in own juice (8-oz can)	<i>Crunchy Apple Salad</i> <i>Sunshine Carrot-Raisin Salad</i> <i>Cranberry Salad</i> <i>Ambrosia Rice</i> <i>Sweet & Sour Stir-Fry</i> <i>Polynesian Pizza</i> <i>Brownie Banana Split</i> <i>Chicken Chutney Pizza</i>
_____	1	Pineapple crushed, packed in own juice (8-oz can)	<i>Creamy Frosted Carrot Cake</i>
_____	2	Applesauce, unsweetened (large jar)	Numerous recipes Serve with meals
_____	1	Cranberry sauce, jellied (16-oz can)	<i>Cranberry Pork Roast</i>

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Canned Vegetables and Beans

For the highest quality canned beans and tomatoes visit www.EdenFoods.com.

_____	2	Corn, no salt added (16-oz can)	<i>Black Bean & Corn Salad</i> <i>1-Minute Mini-Meals</i>
_____	1	Wax beans (15-oz can)	<i>5-Bean Salad</i>
_____	1	Green beans (15-oz can)	<i>5-Bean Salad</i>
_____	1	Butter beans (15-oz can)	<i>5-Bean Salad</i>
_____	3	Pumpkin (15-oz can)	<i>Surprise Pumpkin Pie</i> <i>Pumpkin Oat Bran Bread ...</i>
_____	4	Mushrooms, sliced (8-oz can)	Numerous main dishes
_____	2	Beets, sliced (15-oz can)	Serve with meals Great in salads
_____	6	Diced tomatoes, no salt added (14½ oz can)	Numerous entrees
_____	1	Tomato purée (16-oz can)	Mexican LaZonya
_____	2	Eden Diced Tomatoes with Chiles	<i>Chili Cornbread Pie</i>

Grocery List



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Canned Vegetables and Beans (continued)

_____	2	Black beans (15-oz can)	<i>Black Bean & Corn Salad</i> <i>Curried Chickpeas ...</i> <i>3-Bean Chili</i> <i>Mexican 5-Bean Soup</i> <i>Oriental Noodle Toss</i>
_____	6	Pinto beans (15-oz can)	<i>Benito Bean Dip</i> <i>7-Layer Bean Dip</i> <i>Benito Bean Burritos</i>
_____	1	Navy beans (15-oz can)	<i>Mexican 5-Bean Soup</i>
_____	6	Great Northern beans (15-oz can)	<i>Great Northern Tuna ...</i> <i>White Beans & Penne Pasta</i> <i>White Beans w/Tomato, Basil</i>
_____	2	Kidney beans (15-oz can)	<i>3-Bean Chili</i> <i>Mexican 5-Bean Soup</i> <i>Crock-Pot Fajitas</i>
_____	2	Garbanzo beans (15-oz can)	<i>Curried Chickpeas & ...</i> <i>Oklahoma Bean Dip</i> <i>Gypsy Stew</i>
_____	1	Black-eyed peas (15-oz can)	<i>Oklahoma Bean Dip</i>

Restock	Par stock	Item and size	For use in...
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_____	2	Baked beans (15-oz can) (vegetarian if possible)	1-Minute Mini-Meals
_____	2	Eden Chili beans (15-oz can)	<i>Chili Cornbread Pie</i>
_____	2	Eden Seasoned beans (15-oz can)	1-Minute Mini-Meals
_____	2	Eden Pinto or Black beans (15-oz can)	<i>Guiltless Nachos Supreme</i>
_____	2	Eden Organic Caribbean Black beans (15-oz can)	<i>Caribbean Black Beans ...</i>

Canned Sauces

_____	4	Spaghetti sauce (26-oz) My favorite brand: Eden Organic (see 334)	Numerous pastas Numerous pizzas Numerous stews
_____	2	Sloppy Joe sauce (16-oz)	<i>Turkey Joes</i>

Grocery List



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Canned Meat

_____	4	Tuna, water-packed (6-oz)	<i>Great Northern Tuna... Tuna Noodle Casserole Creamy Tuna Twist</i>
_____	1	Tuna, water-packed 3-oz single-serve cans	Desk drawer lunches 1-Minute Mini-Meals
_____	2	Salmon, red or pink (15+ oz)	<i>Salmon Burgers Herbed Salmon Spread</i>
_____	4	Chicken, white meat (10-oz)	1-Minute Mini-Meals <i>Simple Baked Chicken... Almond Chicken Salad Chicken Dijon Stuffed... Eggless Salad Stuffer</i>
_____	opt	Sardines in mustard sauce (3+ oz)	1-Minute Mini-Meals
_____	1	Crab meat (6-oz)	<i>Holiday Crab Dip</i>

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Condiments

_____	1	Ketchup	Basic supply
_____	1	Mustard, regular	Basic supply
_____	1	Dijon mustard	<i>Chicken Dijon Stuffed... Creamy Chicken Dijon Crispy Chicken Dijon Kickin' Chicken w/Fries Potato Salad</i>
_____	1	Honeycup mustard or other spicy flavor of your choice	Turkey & tuna sandwiches <i>Turkey & Hot Mustard ...</i>
_____	opt	Pimentos, chopped (2-oz jar)	<i>Salmon Burgers Oven-Baked Lentils & Rice</i>
_____	2	Black olives, sliced (2.25-oz can)	<i>Creamy Chicken Enchiladas Mexican Pizza</i>
_____	1	Hot pepper rings or jalapeño rings (12-oz jar)	<i>Mexican Black Beans Hot & Spicy Pizza 3-Bean Chili Crock-Pot Fajitas</i>
_____	1	Tabasco sauce	Basic supply

Grocery List



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Condiments (continued)

_____	1	Miracle Whip Light	Basic supply
_____	1	Thousand Island dressing, light or fat-free	Basic supply
_____	1	Italian dressing, light or fat-free	<i>Oklahoma Bean Dip</i> <i>Chicken & Vegetables in Foil</i> <i>Marinated Vegetable Salad</i>
_____	1	Light coleslaw dressing, or low-fat creamy Italian	Pasta & potato salads
_____	1	Chutney, mango, peach or pineapple (8-oz jar) (gourmet specialty section)	<i>Chicken Chutney Pizza</i>
_____	1	Barbecue sauce	<i>Chicken & Vegetables in Foil</i> <i>Polynesian Pizza</i>
_____	1	Heinz Seafood cocktail sauce (8-oz jar)	<i>Shrimp Pizza</i> <i>Holiday Crab Dip</i>
_____	1	Vinegar, balsamic	Basic supply
_____	1	Vinegar, cider	Basic supply
_____	1	Vinegar, red wine	Basic supply

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Cooking Oils

You can get by with cooking spray and canola oil for everything if you wish.

_____	1	Cooking spray	Basic supply
_____	1	Canola oil (small bottle)	Basic supply Desserts
_____	1	Olive oil (small bottle)	Italian dishes
_____	1	Sesame oil (very small bottle) Toasted tastes best	Stir-fry dinners Marinade <i>Oriental Noodle Toss</i> <i>Marinated Sesame Chicken ...</i>

Baking Supplies

_____	1	Granulated sugar (5-10 lb bag)	Basic supply
_____	1	Brown sugar (2 lb box)	Basic supply
_____	1	Powdered sugar (2 lb box)	<i>Creamy Frosted Carrot Cake</i> <i>Brownie Banana Split</i> <i>Chewy Multi-Grain Bars</i>
_____	2	Honey (1 honey-bear and 1 re-fill jar)	<i>Breakfast in a Cookie</i> <i>Scrumptious Swiss Oats</i>

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Baking Supplies (continued)

_____	1	Corn syrup (light not dark)	<i>Glazed Cinnamon Nut Buns</i> <i>Oatmeal Cookies</i> <i>Chocolate No-Bakes</i>
_____	1	Pancake syrup (light)	Basic supply
_____	opt	Molasses	Basic supply
_____	1	Unbleached all-purpose flour (5-lb bag)	Basic supply
_____	1	Whole-wheat pastry flour (10-lb bag)	Basic supply (see tip page 346)
_____	1	Cornmeal, yellow, whole-grain (sm. canister)	<i>Cornbread</i> <i>Chili Cornbread Pie</i>
_____	1	Hodgson Mill Insta-Bake or Bisquick, reduced-fat	<i>Surprise Pumpkin Pie</i> <i>Applesauce Dumplings</i>
_____	1	Brownie mix, reduced-fat	<i>Brownie Banana Split</i>
_____	1	Oat bran (1 lb box) Similar to the way you buy <i>Cream of Wheat</i> ®	<i>Breakfast in a Cookie</i> <i>Ambrosia Rice</i> <i>Pumpkin Oat Bran Bread or Muffins</i>
_____	1	Ground Flax Seed	Basic supply

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_____	1	Wheat Germ Tastes best toasted	<i>Whole-Grain Pancakes</i> Over cereal
_____	1	Oats, quick-cooking or old-fashioned (lg. canister)	<i>Scrumptious Swiss Oats...</i> <i>Banana-Oat Pancakes</i> <i>Breakfast in a Cookie</i> <i>Chocolate No-Bakes</i> <i>Oatmeal Cookies</i> <i>Chocolate Chip Bar Cookies</i>
_____	opt	Multi-grain oats (sm. canister)	<i>Chewy Multi-Grain Bars</i>
_____	1	Nonfat dry milk (sm. box)	<i>Breakfast in a Cookie</i> <i>Chocolate No-Bakes</i>
_____	opt	Nonfat dry buttermilk	<i>Banana Nut Cake or Muffins</i>
_____	1	Evaporated skim milk (12-oz can)	<i>Pasta Primavera</i> <i>Surprise Pumpkin Pie</i>
_____	1	Baking powder (sm. canister)	Basic supply
_____	1	Baking soda (sm. box)	Basic supply
_____	1	Cornstarch	Basic supply
_____	1	Cocoa, unsweetened powder for baking	<i>Chocolate No-Bakes</i> <i>Choc. Amaretto Cheesecake</i> <i>Cocoa Lava Kisses</i> <i>Hot Fudge Brownie Cake</i>

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Baking Supplies (continued)

_____	2	Vanilla pudding, instant (5.1-oz box)	<i>Summer Fresh Fruit Pie Chocolate Chip Bar Cookies</i>
_____	2	Chocolate pudding instant (5.9-oz box)	<i>Chocolate Chip Bar Cookies</i>
_____	2	Strawberry gelatin sugar-free (0.6-oz box)	<i>Summer Fresh Fruit Pie Cranberry Salad</i>
_____	1	Semi-sweet chocolate chips (6-oz bag) store in freezer	<i>Chocolate Chip Bar Cookies Banana Nut Cake</i>
_____	1	Chocolate chips mini-morsels (6-oz bag) Store in freezer.	<i>Choc. Amaretto Cheesecake</i>
_____	2	Graham cracker crusts regular or chocolate (9-oz deep-dish size)	<i>Summer Fresh Fruit Pie</i>

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Peanut Butter & Nuts

(store nuts in freezer)

_____	1	Peanut butter preferably natural (sm or lg jar)	<i>Snacking Chocolate No-Bakes</i>
_____	1	Chopped walnuts (8 oz)	<i>Cookies Stir-fries Pancakes Banana Nut Cake or Muffins Scrumptious Swiss Oats</i>
_____	1	Chopped pecans (8 oz)	<i>Ambrosia Rice Glazed Cinnamon Nut Buns Dried Cherry & Broccoli Salad Scrumptious Swiss Oats</i>
_____	1	Slivered almonds (8 oz)	<i>Stir-fry dinners Almond Chicken Salad Scrumptious Swiss Oats</i>

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Spices, Dried Herbs and Flavorings

_____	1	Vanilla extract (lg)	Basic supply
_____	1	Lemon extract (sm)	Basic supply
_____	1	Almond extract (sm)	Basic supply
_____	1	Basil	Basic supply
_____	1	Cayenne	Basic supply
_____	1	Chili powder (lg)	Basic supply
_____	opt	Chinese Five Spice	<i>Crunchy Apple Salad</i>
_____	1	Cinnamon (lg)	Basic supply
_____	1	Cloves, ground	Basic supply
_____	1	Red pepper flakes	Basic supply
_____	1	Cumin, ground (lg)	Basic supply
_____	opt	Cumin seeds	<i>Mexican Black Beans</i>
_____	1	Curry powder	<i>Curried Chickpeas & Gingered Black Beans</i>
_____	1	Dill weed	Basic supply
_____	1	Garlic powder	Basic supply
_____	1	Italian seasoning	Basic supply
_____	1	Lemon Pepper, salt-free	<i>Spinach Veal Roll</i>
_____	1	Marjoram	<i>Creamy Cauliflower Soup</i>

Restock	Par stock	Item and size	For use in...
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_____	1	Dry mustard	Basic supply
_____	1	Orange rind (grated) or extract	<i>Breakfast in a Cookie</i>
_____	1	Oregano (lg)	Basic supply
_____	1	Onion flakes	Basic supply
_____	1	Paprika (lg)	Basic supply
_____	1	Peppercorns, whole black	Basic supply
_____	1	Poultry seasoning	Basic supply
_____	1	Pumpkin Pie Spice	Basic supply
_____	1	Red Pepper flakes	Basic supply
_____	1	Rosemary	Basic supply
_____	1	Sage	Basic supply
_____	1	Savory	<i>Creamy Cauliflower Soup</i>
_____	1	Sesame seeds	<i>Marinated Sesame Chicken</i>
_____	1	Salt (consider lite or salt sub.)	Basic supply
_____	1	Thyme	Basic supply
_____	1	True Lemon (1 box)	Basic supply
_____	1	True Lime (1 box)	<i>Crock-Pot Fajitas</i>
_____	1	Mrs. Dash or Spike Salt-Free	Basic supply

Grocery List



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Restock	Par stock	Item and size	For use in...
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Cereal

The following are a few of my favorite cereals, meeting my criteria for fat, fiber and taste.

_____		Kashi Go Lean	Breakfast
_____		Grape-Nuts	Breakfast
_____		Shredded wheat with bran	Breakfast
_____		Frosted shredded wheat	Breakfast & snacking
_____		Quaker Oat Bran (cold, ready-to-eat hexagon chex)	Breakfast & snacking
_____		Quaker Oat Squares	Breakfast & snacking
_____		Corn bran	Breakfast & snacking
_____		Wheaties	Breakfast
_____		Bran flakes	Breakfast
_____		Low-fat granola	Breakfast
_____		Cheerios	Breakfast & snacking

Restock	Par stock	Item and size	For use in...
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Ethnic Foods

_____	2	Refried beans, fat-free (16-oz can)	<i>Quick Nachos Chicken & Bean Enchiladas Fiesta Bean Burrito</i>
_____	1	Enchilada sauce (10-oz can)	<i>Chicken & Bean Enchiladas</i>
_____	2	Green chilies, chopped (4-oz can)	<i>Creamy Chicken Enchiladas Southwest Pizza South of the Border Roll-ups Mexican 5-Bean Soup</i>
_____	2	Water chestnuts, sliced (8-oz can)	<i>Spinach Dip Saucy Almond Chicken...</i>
_____	3	Salsa, hot, medium or mild (fresh salsa may have less sodium, look in your deli)	<i>Numerous entrees Snacking</i>
_____	1	Soy sauce, reduced-sodium (lg)	<i>Numerous entrees "Appetizers"</i>
_____	opt	Tamari sauce, reduced-sodium (sm)	<i>Marinated Sesame Chicken Kabobs Simple Tofu Bites</i>
_____	3	Sweet & sour sauce LaChoy (10-oz jar) (See page 350 for more suggestions!)	<i>Easiest Stir-Fry Ever Sweet & Sour Chicken</i>

Grocery List



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Restock	Par stock	Item and size	For use in...
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Bread Products

Buy according to your family's needs & all breads freeze well!

_____	1-4	100% whole-wheat bread (preferably with ground flax seed and no hydrogenated fats.)	Sandwiches Toast
_____	0-1	Rye or pumpernickel bread, round loaf	<i>Spinach Dip in Pumpernickel</i>
_____	0-6	Pita bread, whole-wheat	Pita sandwiches <i>Pita Pizza</i> <i>Herbed Salmon Spread</i>
_____	0-6	Hamburger buns, whole-wheat	<i>Salmon Burgers</i>
_____	0-12	Rolls, whole-wheat or 9-grain	Serve with meals
_____	0-6	English muffins, whole-grain	Breakfasts

Restock	Par stock	Item and size	For use in...
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_____	1-12	Bagels, whole-grain (3 oz each)	Breakfasts Snacking 1-Minute Mini-Meals
_____	1	Flour tortillas, 6" fat-free, (pkg of 10)	<i>South of the Border Roll-ups</i> <i>Benito Bean Burritos</i> <i>Creamy Chicken Enchiladas</i> <i>Crockpot Fajitas</i> <i>Mexican LaZonya</i>
_____	1	Corn tortillas 6" (pkg of 10) These freeze well.	<i>Mexican LaZonya</i> <i>Southwest Chicken Pizza</i>
_____	1-2	Lavash, flat breads (pkg of 6)	Roll-up sandwiches "Appetasers"
_____	1-4	Pizza crusts, ready-made whole-wheat	Friday night pizzas
_____	1-4	Rice cakes popcorn cakes (pkg)	Snacking 1-Minute Mini-Meals
_____	1	Bread crumbs, unseasoned (canister)	<i>Tantalizing Turkey Loaf</i> <i>Crispy Chicken Dijon</i>

Grocery List



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Restock	Par stock	Item and size	For use in...
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Snacks

_____	1	Chocolate syrup (squeeze bottle kind)	Chocolate milk Drizzling over fruit <i>Brownie Banana Split</i>
_____	1	Hot cocoa mix	Snacking
_____	1-2	Baked tortilla chips <i>Tostitos®</i>	<i>Guiltless Nachos Supreme</i> <i>7-Layer Bean Dip</i> <i>Oklahoma Bean Dip</i> <i>Crockpot Fajitas</i> <i>Mexican Black Beans</i> <i>Mexican 5-Bean Soup</i>
_____	1-2	Baked potato chips	Snacking Sandwiches Soups
_____	0-1	Fig Newtons, regular or fat-free	Snacking Desserts Lunchbox treat
_____	1	Chocolate wafers	<i>Chocolate Amaretto Cheesecake</i>

Restock	Par stock	Item and size	For use in...
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_____	0-1	Gingersnaps	Snacking Desserts "Ice cream" sandwiches Lunchbox treat
_____	0-12	Fortune cookies (only 30 calories each, fat-free and fun)	Stir-fry dinners
_____	1	Crackers, saltine-type	<i>Salmon Burgers</i>
_____	1	Crackers, low-fat whole-wheat	Snacking Soups
_____	1-2	Triscuits, reduced-fat	Snacking 1-Minute Mini-Meals
_____	1	Graham crackers, low-fat	Snacking Desserts "Ice cream" sandwiches
_____	1-2	Popcorn, microwave <i>Orville Redenbacher</i> <i>Smart Pop or Pop</i> <i>Secret by Request</i>	Snacking Soups 1-Minute Meals

Grocery List



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Restock	Par stock	Item and size	For use in...
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Eggs & Dairy

_____	2	Dozen eggs (or egg substitute)	Various uses
_____	1-2	Skim or 1/2% milk (gal)	Various uses
_____	opt	Soy milk	Pancakes Baking Cereals <i>Scrumptious Swiss Oats</i> <i>Smoothies</i>
_____	1	Margarine, light (tub)	Used in 1 recipe only: <i>Flaming Bananas Foster</i>
_____	1	Spray butter, <i>I Can't Believe It's Not Butter</i>	Variety of uses
_____	1	Sour cream, light (16-oz container)	<i>Creamy Chicken Enchiladas</i> <i>Chicken & Bean Enchiladas</i> <i>Hungarian Chicken Paprikash</i> <i>Simple Baked Chicken...</i> <i>Creamy Chicken Dijon</i> <i>Chicken Dijon Stuffed...</i> <i>Guiltless Nachos Supreme</i> <i>Beef Stroganoff</i> <i>Spinach Dip</i> <i>South of the Border Roll-ups</i>

Restock	Par stock	Item and size	For use in...
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_____	1	Cream cheese, light (8-oz pkg)	<i>Holiday Crab Dip</i> <i>Turkey & Hot Mustard...</i> <i>South of the Border...</i> <i>Chocolate Amaretto Cheesecake</i> <i>Brownie Banana Split</i> <i>Oatmeal Cookies</i> <i>Creamy Frosted Carrot Cake</i>
_____	1	Cottage cheese, nonfat (16-oz container)	1-Minute Mini-Meals <i>Spinach Veal Roll</i> <i>Chocolate Amaretto Cheesecake</i>
_____	1	Ricotta cheese, fat-free (15-oz container)	<i>LaZonya</i>
_____	1	Feta cheese, reduced-fat (4-oz)	<i>Spinach Veal Roll</i>
_____	1	String cheese, part-skim mozzarella	1-Minute Mini-Meals
_____	1	Sliced cheese, low-fat	1-Minute Mini-Meals
_____	1	Nonfat plain yogurt (16-oz container)	Baking Mixing with <i>Miracle Whip</i> Light 50-50 <i>Smoothies</i>
_____	6	Nonfat fruit yogurts (8-oz container) optional	Snacking <i>Ambrosia Rice</i> 1-Minute Mini-Meals

Grocery List



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Restock	Par stock	Item and size	For use in...
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Eggs & Dairy (continued)

_____	1	Parmesan cheese	Numerous entrees
_____	1	Mozzarella, shredded, fat-free, Kraft	Numerous entrees
_____	1	Mozzarella, shredded, 2% Milk by Kraft or reduced fat	Numerous entrees
_____	1	Cheddar cheese, shredded fat-free, Kraft	Numerous entrees
_____	1	Cheddar cheese, sharp, shredded, 2% Milk by Kraft	Numerous entrees

Make your own reduced-fat cheese by mixing the 2 white cheeses and 2 cheddar cheeses together. Do this when putting groceries away so you don't forget. Freezes well!!

Restock	Par stock	Item and size	For use in...
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Convenience Meats

_____	1-2	Turkey breast slices, 97% fat-free, deli thin (lb)	1-Minute Mini-Meals Sandwiches
_____	1	Ham, 98% fat-free chunk or slices (lb) (When putting groceries away, chop and divide ham into 8 2-oz portions. Freeze in airtight bags.)	Pizza topping <i>Split Pea Soup</i> <i>Breakfast Casserole</i> <i>Scrambled Omelette</i>
_____	opt	Canadian bacon	
_____	opt	Low-fat smoked sausage, Healthy Choice	<i>Breakfast Casserole</i>

Seafood

_____		Orange roughy, fresh or frozen filets (lg bag)	<i>Broiled Orange Roughy</i>
_____		Trout, cod, whitefish, perch or snapper (2 lbs)	<i>Delicate Baked Fish</i>
_____	1	Shrimp, frozen, cooked, ready to eat (12-oz bag)	<i>Shrimp Pizza</i> <i>Pasta Primavera</i>

Grocery List



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Restock	Par stock	Item and size	For use in...
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Poultry • Beef • Pork

_____		Chicken breasts, skinless, boneless (4 lbs) (Freeze in 4-oz size portions for convenience and portion control.)	<i>Marinated Sesame Chicken</i> <i>Creamy Chicken Dijon</i> <i>Skillet Chicken & Vegetables</i> <i>Chicken Marsala</i> <i>Hungarian Chicken Paprikash</i> <i>Southwest Chicken Pizza</i> <i>Chicken Chutney Pizza</i> <i>Saucy Almond Chicken...</i> <i>Sweet & Sour Stir-fry</i> <i>Kickin' Chicken w/Fries</i> <i>Chicken & Vegetables in Foil</i> <i>Creamy Chicken Enchiladas</i> <i>Crock-Pot Fajitas</i> <i>Chicken Cacciatore</i> <i>Sweet & Sour Chicken</i> <i>Ratatouille</i>
_____	1	Chicken leg quarters optional (thigh and drumsticks, pkg of 4)	To accompany <i>Oven Fries</i>
_____	2	Chicken thighs, skinless, boneless (pkg of 6)	<i>Ratatouille</i> <i>Chicken Cacciatore</i>
_____	4	Turkey, extra-lean ground breast (20-oz pkgs)	<i>Unstuffed Peppers</i> <i>Veggie Sghetti</i> <i>Tantalizing Turkey Loaf</i> <i>3-Bean Chili</i> <i>Turkey Joes</i>

Restock	Par stock	Item and size	For use in...
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_____	1	Turkey tenderloin, boneless (1 lb)	<i>Turkey Vegetable Stew</i>
_____	1	Jennie-O Turkey tenderloin, boneless slices or cutlets (1 lb)	<i>Parmesan Turkey Cutlets...</i>
_____	1 - 2	Lean top round or sirloin (1-2 lbs)	<i>Crock-Pot Fajitas</i> <i>Easy Pepper Steak Stir-Fry</i> <i>Beef Barley Soup</i> <i>Beef Stroganoff</i>
_____		Pork tenderloin (2 lbs)	<i>Cranberry Pork Roast</i> <i>Sweet & Sour Stir-Fry</i> <i>Gypsy Stew</i> <i>Crockpot Fajitas</i>
_____	1	Thin-sliced veal (scaloppini) (1 lb)	<i>Spinach Veal Roll</i>

Alcohol for Cooking

Purchase small bottles.

_____	1	Marsala wine	<i>Chicken Marsala</i>
_____	1	White wine	<i>Skillet Chicken & Vegetables</i> <i>Oven-Baked Lentils & Rice</i>
_____	1	Amaretto	<i>Chocolate Amaretto Cheesecake</i>
_____	1	Banana liqueur	<i>Flaming Bananas Foster</i>
_____	1	White rum	<i>Flaming Bananas Foster</i>
_____	opt	Beer	<i>Mexican 5-Bean Soup</i>

Grocery List



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Restock	Par stock	Item and size	For use in...
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Frozen Veggies

Yes, I do suggest having all these on hand, in addition to having a full drawer of fresh. Use the fresh early in the week and the frozen later in the week.

_____	1	Corn (16-oz bag)	Various entrees
_____	1	Peas (16-oz bag)	Various entrees
_____	1	Lima beans (16-oz bag)	Various entrees
_____	1	Mixed vegetables (16-oz bag)	Various entrees
_____	1	Cut green beans (16-oz bag)	Various entrees
_____	1	Whole green beans (16-oz bag)	Various entrees
_____	1	California blend broccoli, cauliflower and carrots (16-oz bag)	Various entrees
_____	1	Mixed stir-fry vegetables (16-oz bag)	<i>Easiest Stir-Fry Ever!</i> <i>Mexican LaZonya</i>
_____	4	Spinach, chopped (10-oz box)	<i>Veggie Sghetti</i> <i>Unstuffed Peppers</i> <i>Gypsy Stew</i> <i>Spinach Dip</i> <i>Spinach Veal Roll</i>
_____	1	Peas pods or snow peas (10-oz box)	Various entrees

Restock	Par stock	Item and size	For use in...
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_____	1	Carrots, crinkle cut (10-oz box)	Various entrees
_____	1	Asparagus (10-oz box)	<i>Chicken Dijon Stuffed...</i> <i>Creamy Chicken Dijon</i>
_____	1	Ore Ida Potatoes O'Brien (24-oz bag)	<i>Breakfast Casserole</i> <i>Scrambled Omelette</i> <i>Cheesy Potato Skillet</i> <i>Cheesy Scrambled Tofu</i>
_____	1	Potato wedges with skins Ore Ida (24-oz bag)	<i>Kickin' Chicken w/Fries</i> <i>Delicate Baked Fish</i>
_____	opt	Broccoli	<i>Crispy Chicken Dijon</i>

Frozen or Bottled Juices

_____	4	Orange juice	<i>Breakfast in a Cookie</i> <i>Cranberry Pork Roast ...</i>
_____	1	V-8 juice, low-sodium (46-oz jar)	<i>Miracle Soup</i> <i>3-Bean Chili</i> <i>1-Minute Mini-Meals</i>
_____	1	V-8 juice, low-sodium (6 pack of 6-oz cans)	Snacking
_____	4	100% fruit juice, your choice of flavors	Snacking
_____	1	Lemon juice (sm bottle)	Various entrees
_____	1	Lime juice (sm bottle)	<i>Crock-Pot Fajitas</i>

Grocery List



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Restock	Par stock	Item and size	For use in...
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Frozen Fruit

_____	1	Strawberries, unsweetened (12-oz bag)	Snacking <i>Smoothies</i>
_____	1	Blueberries unsweetened (12-oz bag)	Snacking <i>Smoothies</i> <i>Blueberry Buckle</i>
_____	1	Cherries unsweetened (12-oz bag)	Snacking

Frozen Miscellaneous

_____	1	Honey-wheat bread dough (pkg of 3)	<i>Glazed Cinnamon Nut Buns</i>
_____	1	Cheese tortellini (16-oz bag)	<i>Tortellini Stew</i>

Choose 1 or 2 of the following:

_____	1	Vanilla ice cream or frozen yogurt, fat-free,	<i>Blueberry Buckle</i> <i>Flaming Bananas Foster</i> <i>Applesauce Dumplings</i> <i>Hot Fudge Brownie Cake</i>
_____	opt	Lemon or raspberry sorbet	Dessert
_____	opt	Fudgesicles	Dessert
_____	opt	Frozen yogurt bars	Dessert

Restock	Par stock	Item and size	For use in...
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Cleaning Supplies

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Laundry Supplies

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Personal Hygiene

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Pet Supplies

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Paper Goods

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Optional Items

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____