

# Grocery List: 1500 Calories Energy Booster

Grocery List report created exclusively for Your Goals

Food	Quantity	Measure
<b>Baby Foods</b>		
Babyfood, pretzels	0.50	1 oz
<b>Beans, Lentils</b>		
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	0.25	1 cup
Soy milk, fluid	2.00	1 cup
Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	1.00	0.5 cup
<b>Beverages</b>		
Ice cubes	8.00	1/2 cup
Orange Juice, Tropicana- 100% pure, plus calcium	38.00	fluid ounce(s)
Pineapple juice - bottled, Dole	8.00	ounce(s)
Tea, brewed, prepared with tap water, decaffeinated	7.00	1 cup (8 fl oz)
Vegetable juice - V8, no salt	18.00	fluid ounce(s)
Water, municipal	49.00	1 cup (8 fl oz)
<b>Breads and baked goods</b>		
Bread, whole-wheat, commercially prepared, toasted	2.00	1 slice
English muffins, whole-wheat, toasted	2.00	1 muffin
KELLOGG'S Eggo Lowfat Nutri-Grain Waffles	2.00	1 waffle, round (4" dia) (include frozen)
Pita - wheat	1.00	each
<b>Carb. Snack Foods (Healthy)</b>		
Apple - medium with peel	2.00	each
Rice cake - apple cinnamon, Quaker	3.00	each
<b>Cereals</b>		
Cereals ready-to-eat, GENERAL MILLS, FIBER ONE	2.25	0.5 cup (1 NLEA serving)
Cereals ready-to-eat, wheat germ, toasted, plain	0.75	1 oz
Oatmeal - instant pkt.,apples/spice, Quaker	1.00	pack
<b>Dairy</b>		
Cheddar, mild shredded, KRAFT Lite Naturals	1.50	ounce(s)
Egg, whole, cooked, hard-boiled	1.00	1 large
Milk - skim, no fat	11.50	cup
Parmesan, grated, KRAFT	0.50	ounce(s)
Yogurt - Yoplait, Light, all flavors	16.00	ounce(s)
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	3.00	1 cup (8 fl oz)
<b>Dressings</b>		
Oil & Vinegar - Wish-Bone, vinaigrette Lite	7.00	table spoon
<b>Fats &amp; Oils</b>		
Margarine, soft, soybean (hydrogenate and regular), without salt	1.00	1 teaspoon
Olive oil - pure	1.00	table spoon
Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing	2.00	2 tablespoon
Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.50	2 tablespoon
Salad dressing, KRAFT Mayo Light Mayonnaise	1.00	1 tablespoon
<b>Finfish and Shellfish</b>		
Fish, salmon, pink, cooked, dry heat	1.75	3 oz
Fish, tuna salad	1.00	1 cup
<b>Fruits &amp; Fruit Juices</b>		
Apricots, canned, juice pack, with skin, solids and liquids	0.50	1 cup, halves

Food	Quantity	Measure
Avocados, raw, all commercial varieties	0.50	1 cup, sliced
Banana - med 8"	3.50	each
Blueberries, raw	1.75	1 cup
Grapefruit, raw, pink and red, all areas	1.00	0.5 fruit (3-3/4" dia)
Kiwi fruit, (chinese gooseberries), fresh, raw	0.50	1 cup
Kiwi fruit, (chinese gooseberries), fresh, raw	1.00	1 fruit without skin, medium
Melons, cantaloupe, raw	1.00	1 cup, balls
Melons, honeydew, raw	0.50	1 cup, balls
Peaches, canned, juice pack, solids and liquids	1.00	1 cup
Raisins, seedless	1.00	1 miniature box (.5 oz)
Raisins, seedless	0.50	50 raisins
Strawberries, raw	1.00	1 cup, halves
<b>Jams/ Spreads/Sauces/ Syrups</b>		
BBQ - Thick n' Spicy, KRAFT	1.00	table spoon
Marinara sauce - Progresso 'Authentic'	0.50	cup
Peanut Butter	5.00	table spoon
peanut butter reduced fat	3.00	table spoon
Salsa - Chunky medium, Pace	5.00	table spoon
Soy sauce - Kikkoman 'Lite'	1.00	table spoon
Syrup - Aunt Jemima, ButterLite	2.00	table spoon
Teriyaki sauce - LaChoy 'Sauce & Marinade'	0.50	table spoon
<b>Miscellaneous</b>		
Tortilla - flour, soft, 7" diam.	1.00	each
Vegetarian burger - frozen, Green Giant, Harvest	1.00	each
<b>Noodles &amp; Pastas</b>		
Spaghetti - whole wheat, cooked, Health Valley	0.50	cup
<b>Nuts &amp; Seeds</b>		
Seeds, flaxseed	2.00	1 tablespoon
<b>Proteins (Healthy)</b>		
Chicken Breast / White Meat	14.00	ounce(s)
Egg Whites - scrambled/boiled	2.00	each
Kraft American Cheese 2% Milk	1.00	slice
Shrimp - boiled or steamed	5.00	ounce(s)
Turkey Breast / White Meat	3.00	ounce(s)
<b>Red Meats - Standard</b>		
Beef, ground, extra lean, cooked, pan-fried, well done	1.00	3 oz
<b>Rice, grains, flour</b>		
Couscous, cooked	0.50	1 cup, cooked
Macaroni, whole-wheat, cooked	0.50	1 cup elbow shaped
Rice, brown, long-grain, cooked	1.00	1 cup
<b>Snacks &amp; Treats</b>		
Popcorn - Lite, microwaved, Orvill Red. Gourmet	3.00	cup
Pretzels - Rold Gold, Tiny Tim	8.00	each
<b>Soups and Gravies</b>		
Soup, black bean, canned, prepared with equal volume water, commercial	1.00	1 cup
Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	1.00	1 cup
Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	1.00	1 cup
<b>Vegetables</b>		

Food	Quantity	Measure
Alfalfa seeds, sprouted, raw	0.25	1 cup
Asparagus, frozen, cooked, boiled, drained, without salt	1.00	1 cup
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.00	1 cup
Brussels sprouts, frozen, cooked, boiled, drained, without salt	0.50	1 cup
Carrots, baby, raw	18.00	1 large
Carrots, frozen, cooked, boiled, drained, without salt	1.00	1 cup, sliced
Cauliflower, frozen, cooked, boiled, drained, without salt	1.00	1 cup (1" pieces)
Cucumber - raw, slices	1.00	cup
Eggplant, cooked, boiled, drained, without salt	0.50	1 cup (1" cubes)
Green salad w/ raw vegetables	10.00	cup
Lettuce, green leaf, raw	2.00	1 leaf
Mushrooms, cooked, boiled, drained, without salt	1.00	0.5 cup pieces
Onion - chopped	3.00	table spoon
Pepper - sweet bell, all colors, chopped,	1.00	cup
Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	1.00	0.5 cup
Spinach, raw	2.00	1 leaf
Sweetpotato, cooked, boiled, without skin	0.50	1 medium
Tomatoes, red, ripe, raw, year round average	5.00	1 slice, medium (1/4" thick)
zucchini, boiled, drained	2.00	1/2 cup