

Week Four Flex Shopping List

Make sure you have your fridge, pantry, and spice rack staples stocked (pages 79–80). Amounts in parentheses indicate how much you will use this week.

This list is for one person; multiply the ingredients if you are cooking for more. Check off what you need from the grocery store this week.

Grains

- Bread, whole grain (3 slices)
- Bread rolls, whole grain (2)
- Brown rice (2½ cups precooked microwavable or about 1 cup uncooked)
- Couscous, whole wheat (¼ cup uncooked)
- Hamburger buns, whole grain (2)
- Oats, rolled (1¼ cups)
- Pita pocket, whole grain (1)
- Quinoa (¼ cup uncooked)
- Tortillas, whole grain (6 small)

Fruit

- 100 percent pineapple juice (¼ cup)
- Apples (2)
- Avocados (2)
- Grapefruit (1)
- Mango (1)
- Nectarine (1)
- Peaches (2)
- Pears (1)
- Plum (1)

Fresh Herbs and Flavorings

- Cilantro, fresh (2 tablespoons)
- Ginger (½-inch chunk)

Vegetables

- Baby bok choy (1)
- Bell pepper, green (1)

- Bell pepper, yellow (1)
- Bell peppers, red (2)
- Broccoli coleslaw (1 cup)
- Butternut squash (1½ cups, cubed)
- Carrots, cut into chip shapes (¾ cup)
- Carrots, shredded (½ cup)
- Celery (2 stalks)
- Cherry tomatoes (½ cup)
- Cucumber (¾ cup, sliced)
- Green onions (4)
- Green spring salad mix (3 cups)
- Jalapeño pepper (1)
- Parsnips (2)
- Plum tomato (1)
- Poblano peppers (2)
- Romaine lettuce (1 cup)

Nuts, Seeds, and Miscellaneous

- 100 percent all-fruit raspberry jam (2 teaspoons)
- Agave nectar (2 teaspoons)
- Almonds (1 tablespoon sliced)
- Candied ginger (about 3 tablespoons, chopped)
- Crepe shell, ready made and unfilled (1)
- Dill pickles (3 slices)
- Hazelnuts (1 tablespoon, chopped)
- Hot sauce (1 to 2 dashes)
- Light beer (12-ounce bottle)
- Mayonnaise, light canola (1 tablespoon)
- Peanuts (10 in shell)
- Pecans (about 2 tablespoons, chopped)
- Tortilla chips, whole grain (7 chips)

Refrigerated Products

- Cheddar cheese (2 tablespoons, shredded)
- Cottage cheese, low fat (¾ cup)
- Eggs (3 whole + 6 whites)
- Mozzarella cheese, part skim (2 tablespoons, shredded)
- Plain yogurt, low fat (2 6-ounce containers)

- Sour cream, low fat (2 tablespoons)
- Tempeh (2 ounces from 8-ounce package)
- Tofu, extra firm (½ cup)

Canned and Frozen Goods

- Artichoke hearts, canned in water (½ cup)
- Black beans, canned (1¼ cups)
- Cannellini beans, canned (¾ cup)
- Corn, canned no-salt-added (¼ cup)
- Garbanzo beans, canned (1½ cups)
- Great Northern beans, canned (½ cup)
- Navy beans, canned (½ cup)
- Pineapple rings, canned in own juice (3 rings)
- Pinto beans, canned (1½ cups)
- Pumpkin, canned (¼ cup)
- Refried black beans, canned low-fat (⅓ cup)
- Frozen edamame, or shelled green soybeans (½ cup)
- Frozen mixed berries, unsweetened (¾ cup)
- Frozen stir-fry mixed vegetables (2 cups)
- Frozen waffles, whole grain (2)
- Vegetarian “chicken” patty (1)
- Veggie burger, black bean (1)