

Week Two 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

- Barley, hulled (½ cup uncooked)
- Bread, whole grain (3 slices)
- English muffin, whole grain (1)
- Fettuccine, whole grain (2 ounces)
- Flour, whole wheat (¼ cup)
- Hamburger bun, whole grain (1)
- Oats, rolled (½ cup)
- Penne, whole grain (⅔ cup uncooked = 2 ounces uncooked)
- Pita pocket, whole grain (1)
- Polenta, medium-grind whole-grain cornmeal (¾ cup)
- Popcorn (1 microwavable 100-calorie minibag or 2 tablespoons popcorn)
- Tortillas, whole grain (4 small)

Fruit

- Apples (3)
- Avocado (1)
- Banana (1)
- Cranberries, dried (1 tablespoon)
- Dates (2)
- Figs, dried (5)
- Grapes (½ cup)
- Orange (1)
- Peach (1)
- Pear (1)
- Raspberries (½ cup)

Fresh Herbs and Flavorings

- Basil, fresh (¼ cup)

Vegetables

- Arugula (3 cups)
- Baby spinach (3½ cups)
- Bell pepper, green (1)
- Bell pepper, red (1)
- Broccoli coleslaw (1½ cups)
- Carrots, shredded (½ cup)
- Cherry tomatoes (1 cup)
- Cucumber (½ cup, sliced)
- Green onions (7)
- Green spring salad mix (5 cups)
- Jalapeño pepper (1)
- Jicama (1 cup, sliced)
- Mushrooms, sliced (1 cup)
- Romaine lettuce (about 3 cups)
- Sprouts (¼ cup)
- Tomatoes (2)
- Zucchini (2)

Nuts, Seeds, and Miscellaneous

- Agave nectar (2 tablespoons + 4 teaspoons)
- Cocoa powder, unsweetened (1 tablespoon)
- Hazelnuts (2 tablespoons, chopped)
- Peanuts (1 tablespoon, chopped)
- Pecans (4 teaspoons, chopped)
- Pistachios (50 in shell)
- Tortilla chips, whole grain (20 chips)
- Walnuts (4 tablespoons, chopped)

Refrigerated Products

- Cheddar cheese (3½ slices)
- Egg (1 whole)
- Goat cheese (1 ounce)
- Hummus (½ cup)
- Mozzarella cheese, part-skim (2 tablespoons, shredded)
- Parmesan cheese (5 tablespoons, grated)
- Plain kefir, low fat (1 cup)

- Silken tofu, lite, firm (12 ounces)
- Tempeh (2 ounces of 8-ounce package)

Canned and Frozen Goods

- Black beans, canned (1¼ cups)
- Cannellini beans, canned (½ cup)
- Garbanzo beans, canned (¾ cup)
- Great Northern beans, canned (1¼ cups)
- Green chilies, canned and diced (3 tablespoons)
- Kidney beans, canned (½ cup)
- Lentils, canned (¾ cup)
- Navy beans, canned (½ cup)
- Refried beans, canned low-fat or vegetarian (¾ cup)
- Frozen cherries, unsweetened (¼ cup)
- Frozen waffles, whole grain (2)
- Vegetarian sausage patty (1)
- Vegetarian sausage-style crumbles (½ cup)
- Veggie burger (1)