

Shopping list

(Preferably at a health food store like Whole Foods.)

Shopping list below is to get you started to make the following:

- Old-fashioned oatmeal for breakfast
- Green Smoothies
- 5 Minute Bean Salad
- Healthy Nuts and Fruit Snacks
- Peanut Butter and Fruit snack
- Additional healthy snack items to have around the house

Produce:

- Kale – 1 bunch
- Lemon – 1
- Ripe Bananas
- Apples – any kind
- Dried fruit – apples, peaches (no sugar added)
- Pears – any kind
- Berries - any kind
- English Cucumber (wrapped in plastic – no need to peel skin when preparing)
- Red/yellow pepper (for bean salad or to snack on)
- Red onion – 1
- Salad greens
- Avocado
- Sweet potatoes (better for you than regular potato)
- Asparagus, broccoli, string beans – any veggie you would like to eat
- Hummus – any kind

Middle section of store:

- Seltzer/mineral water
- Cranberry or grape (or any non-sugar added juice) – to add to seltzer for sweet taste
- Canned beans – black, garbanzo (chickpeas), red, pinto – whatever you'd like
- Nuts – almonds, walnuts, peanuts – mostly unsalted – some salted. (best to buy these in the bulk bins from health food store)
- Balsamic vinaigrette dressing (no sugar or high fructose corn syrup – only natural ingredients)
- Peanut butter – no sugar added
- Dried fruits
- Old fashioned 5 minute oatmeal (bulk bin or packaged – Quaker Oats or Bob's Mill brand)
- Honey or maple syrup (to eat with oatmeal)
- Slivered almonds or walnuts to add to oatmeal
- Raisins/Craisins (for healthy nut snacks and to add to oatmeal)
- Marinated artichokes in olive oil (optional – for bean salad)
- Whole grain crackers (use for hummus or peanut butter spread)

Freezer section

(Keep frozen fruit on hand to experiment with different fruits to add to green smoothies.)

- Frozen pineapples, strawberries, peaches (any frozen fruit)
- Frozen corn
- Bean burritos to keep on hand for quick meals
- Frozen health food store entrees for emergency meals