Meal Makeover Moms.com

healthy meals with kid appeal

Shopping List

Remember to bring your reusable shopping bags!

Produce

- ☐ Apples
- ☐ Asparagus
- ☐ Avocado
- ☐ Bananas
- ☐ Bell Peppers
- ☐ Berries
- ☐ Broccoli
- ☐ Cantaloupe / Melon
- ☐ Carrots, Large / Baby
- ☐ Cauliflower
- ☐ Cole Slaw / Broccoli
- ☐ Cucumber
- ☐ Grapes
- ☐ Green Beans
- ☐ Kiwi
- ☐ Lemon / Lime
- ☐ Lettuce, Romaine
- ☐ Mango
- ☐ Mushrooms
- ☐ Onions / Garlic
- ☐ Oranges / Grapefruit
- ☐ Pears
- ☐ Potatoes / Sweet Potatoes
- ☐ Spinach
- ☐ Tomatoes
- ☐ Zucchini
- ☐ _____

Condiments / Oils

- ☐ Barbeque Sauce
- ☐ Canola Oil
- ☐ Ketchup
- ☐ Lite Soy Sauce / Teriyaki
- ☐ Mayonnaise, Light Canola
- ☐ Mustard
- ☐ Nonstick Cooking Spray
- ☐ Olive Oil
- ☐ Peanut Oil
- ☐ Salad Dressing
- ☐ Salsa
- ☐ _____

Frozen Food

- ☐ Bell Peppers, Mixed
- ☐ Berries
- ☐ Broccoli Florets
- ☐ Cauliflower
- ☐ Chicken Nuggets
- ☐ Corn Kernels
- ☐ Edamame
- ☐ Fish Sticks
- ☐ French Fries / Sweet Potato Fries
- ☐ Garlic, Minced
- ☐ Kale / Collard Greens
- ☐ Mango
- ☐ Meat-Free Grounds
- ☐ Peas
- ☐ Pizza
- ☐ Potatoes, Hash Brown
- ☐ Ravioli
- ☐ Sausage, Lowfat Breakfast
- ☐ Shrimp
- ☐ Spinach
- ☐ Tortellini
- ☐ Vegetables, Mixed
- ☐ Winter Squash
- ☐ Yogurt / Ice Cream
- ☐ _____
- ☐ _____

Meats

- ☐ Bacon, Nitrite Free
- ☐ Beef
- ☐ Chicken
- ☐ Deli Meats & Cheese
- ☐ Ground Beef, Lean
- ☐ Ground Turkey, Lean
- ☐ Hot Dogs, Nitrite Free
- ☐ Pork
- ☐ Seafood / Shrimp
- ☐ _____
- ☐ _____
- ☐ _____

Dairy

- ☐ 1% Lowfat Cottage Cheese
- ☐ 1% Lowfat Milk
- ☐ Butter / Spreads
- ☐ Cheese Sticks / Lowfat
- ☐ Feta Cheese
- ☐ Grated Parmesan Cheese
- ☐ Lite Cream Cheese
- ☐ Lowfat Yogurt, Fruit
- ☐ Lowfat Yogurt, Vanilla
- ☐ Omega-3 Eggs
- ☐ Orange Juice
- ☐ Part-Skim Ricotta Cheese
- ☐ Preshredded Part-Skim Mozzarella
- ☐ Preshredded Part-Skim Cheddar
- ☐ Tofu
- ☐ _____
- ☐ _____
- ☐ _____

Baking

- ☐ Cornmeal
- ☐ Flaxseed, Ground
- ☐ Flour, All-Purpose
- ☐ Flour, Whole Wheat
- ☐ Mini Chocolate Chips
- ☐ Nuts
- ☐ Raisins / Dried Fruit
- ☐ Sugar, Brown / Granulated
- ☐ Sunflower Seeds
- ☐ Wheat Germ
- ☐ _____
- ☐ _____
- ☐ _____

Canned Foods

- ☐ Artichoke Hearts
- ☐ Beans, Black / Pinto / Cannellini
- ☐ Chickpeas
- ☐ Corn
- ☐ Mandarin Oranges
- ☐ Pears
- ☐ Pineapple
- ☐ Pumpkin
- ☐ Refried Beans
- ☐ Salmon, Boneless, Skinless
- ☐ Shrimp / Sardines / Crab
- ☐ Soups
- ☐ Sweet Potatoes
- ☐ Tomato Sauce
- ☐ Tomatoes, Crushed / Diced
- ☐ Tuna
- ☐ _____
- ☐ _____

Misc

- ☐ Applesauce
- ☐ Chicken Broth, All-Natural
- ☐ Fruit Cup
- ☐ Granola Bars
- ☐ Jelly / Jam
- ☐ Juice, 100%
- ☐ Pasta Sauce
- ☐ Peanut Butter
- ☐ Popcorn
- ☐ Pretzels
- ☐ Pure Maple Syrup
- ☐ _____
- ☐ _____
- _____

Grain Products

- ☐ Bagels, Whole Wheat
- ☐ Bread Crumbs
- ☐ Bread, Whole Wheat
- ☐ Breakfast Cereal
- ☐ Bulgur
- ☐ Couscous
- ☐ English Muffins, Whole Grain
- ☐ Flour Tortillas
- ☐ Macaroni & Cheese
- ☐ Oats
- ☐ Pasta, Dried, Whole Wheat Blend
- ☐ Pita Bread
- ☐ Rice / Instant Brown Rice
- ☐ Rolls
- ☐ Taco Shells
- ☐ Whole Grain Cinnamon Swirl
- ☐ _____
- ☐ _____

Household

- ☐ Aluminum Foil
- ☐ Bathoom Tissue
- ☐ Cleaning Supplies
- ☐ Dishwasher Detergent
- ☐ Facial Tissues
- ☐ Laundry Detergent
- ☐ Napkins
- ☐ Paper Towels
- ☐ Plastic Wrap
- ☐ Sandwich Bags
- ☐ _____
- ☐ _____
- ☐ _____

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