shopping list

Print out and check off the foods you need; add others you want to buy. Use the barcode scanner on the mobile app to check SmartPoints® values when you shop. Foods in green are zero Points® foods, which means you don't have to track them!

Produce/Beans/Legumes ☐ Fresh Fruit (Except: avocados, coconut) ☐ Fresh vegetables (Except: parsnips, potatoes, sweet	□ Low-fat shredded cheese or string cheese□ Almond milk□ Crumbled feta or Parmesan cheese	□ Canned white tuna (packed in water) or canned salmon□ Peanut or other nut/seed butter
potatoes, yams, cassava/ yuca/manioc, olives) Fresh herbs Packaged lettuce, coleslaw	 □ Low-fat cream cheese □ Nonfat cottage cheese □ Nonfat plain yogurt □ Silken or firm regular or low- 	Snacks ☐ 94% fat-free microwave or air-popped popcorn ☐ Polyad potato china ar balance
mix, or shredded carrots Pre-cut fresh vegetables for soup, stir-fries, and kabobs Peas (green, sugar snap,	fat tofu Bread/Cereal	□ Baked potato chips or baked tortilla chips□ Sugar-free gelatin□ Almonds
snow, etc.) Beans (green, bean sprouts, chickpeas, black, refried beans, etc.) Lentils Corn (yellow corn, sweet	 □ Reduced-calorie bread or hamburger buns □ Thin sandwich bread or light English muffins □ Whole-wheat or corn tortillas □ Plain oatmeal or cream of 	Frozen □ Frozen vegetables (without added sauce and salt) □ Frozen unsweetened fruit □ Veggie burgers (with 2 g of
corn, corn on the cob, and baby corn) "Dried" vegetables that are to be cooked, such as dried beans, lentils, peas, and seaweed	wheat Unsweetened shredded wheat or whole-grain cereal	fat or less) ☐ Vegetarian ground "meat" ☐ Whole-grain waffles ☐ Sorbet
Meat/Poultry/Fish (fresh and/or frozen)	□ Roasted whole chicken □ Lean deli meats □ Hummus	Seasonings & Condiments Cooking spray, oil and vinegar
□ Skinless chicken breast, skinless turkey breast, or chicken thighs □ 98% fat-free ground turkey/ ground chicken □ Lean pork shop or pork loin	Grains/Pasta ☐ Whole-grain pasta or regular pasta ☐ Brown rice or white rice ☐ Bulgur, quinoa, or barley	 □ Salt and pepper □ Dried herbs and spices, seasoning mixes, dry rubs □ Fat-free or low-fat salad dressing □ Fat-free mayonnaise □ Hot sauce
□ Lean, trimmed flank steak, beef tenderloin or strip sirloin□ Fish (except dried or in oil)□ Shellfish	Canned Foods/Staples ☐ Canned tomato sauce or jarred marinara sauce	□ Mustard □ Ketchup □ Reduced-sodium soy sauce
Dairy ☐ Fat-free milk or low-fat milk ☐ Regular soy milk (plain) ☐ Eggs (including yolks) or egg substitute ☐ Fat-free cheese or regular	 □ Canned diced tomatoes □ Fat-free salsa □ Canned black beans or chickpeas □ Canned vegetables (without added salt, sugar, or oil) □ Canned unsweetened fruit (in water) 	☐ Steak sauce ☐ Teriyaki sauce ☐
cheese	☐ Chicken or vegetable broth	