

Shopping List Ideas

Vegetables:

Your cart should be filled with all different veggies!
Wegmans cleaned and cut packs are great for busy girls!

Fruits:

Your cart should be filled with all different fruits!
Dried fruit (read labels for added oils and sugar)

Potatoes:

Potatoes
Sweet potatoes
Bob's Red Mill instant potato flakes

Whole grains:

Brown rice
Quinoa
Farro
100% whole grain pastas
Steel cut Oats or Rolled Oats
Ground flaxseed (tablespoon in oatmeal or salad)
Muesli

Beans/Lentils:

All varieties (dried are best, but canned are good for time saver-be sure to rinse!)

Vinegar:

Balsamic Vinegar (thick expensive kind is best)
Other flavored vinegars (the store Seasons in Bethlehem is great for salad dressing)
Apple Cider Vinegar

Spreads, sauces and broth:

Oil-free hummus (Engine 2 brand available at Whole Foods)
Oil-free tomato sauce (Engine 2 brand)
Veggie Broth (Pacific brand makes a good one)

Spices:

Wide variety to spice your food accordingly

Nuts : (serving size is small, be careful not to over indulge on these)

Almonds
Cashews
Walnuts
Pecans

Seeds: (read labels for no added oils)

Chia
Pumpkin
Sunflower

Breads:

Dave's Killer Bread - 21 whole grain seed - Sold at Target and Walmart

Wegmans Organic 27 Grain and Seeds Bread

Ezekiel Bread

Good fresh bakery whole grain bread (if anyone knows of a bakery let us know)

Crackers:

Wasa Crackers

Rice Crackers (baked with no added oils, found in organic section at Wegmans)

Non-Dairy Milks:

Oat milk

Soy milk

Almond milk

Coconut milk

Pea milk

Non-Dairy Cheese/Yogurts:

Kite Hill almond milk cheese (sold at Wegmans in Organic fridge section, comparable to spreadable cream cheese)

LAVVA Plant Based Yogurt (Sold at Wegmans in Organic fridge section, comparable to greek tasting yogurt)

Granola:

Bethlehems Granola Factory Granola (read labels, some can be loaded with sugar)

No Meat Burgers/Sausage:

Fresh made Black Bean Burgers (found in produce at Wegmans)

Veggie burgers (read ingredient labels carefully - Engine 2 has a great option)

Field Roast All Veggie Sausage (Sold at Wegmans in Organic fridge section)

Frozen Foods:

Frozen veggies

Frozen fruits

Birds Eye Frozen Cauliflowers Tots (these do contain oil but may be a good transition for families)

Birds Eye Veggie Pastas

Wegmans Sweet Potato Tots

Wegmans Organic Caulicreme frozen mash

Reminder to always read the labels! Do not rely on the catch phrases on the front. Remember Week 1 we are avoiding all added sugars, week 2 avoiding oils, week 3 avoiding processed foods, and week 4 avoiding meat and or dairy.