

Shopping List: Week 1

THE MEASURED PLATE

Everything the seven sample days of week 1 use. Rice, pasta, cereals, beans and meat are cooked amounts. Tick what you already have.

Vegetables

- ☐ Broccoli, cooked ½ cup
- ☐ Cabbage, green, cooked ½ cup
- ☐ Carrots, cooked ½ cup
- ☐ Carrots, raw 2 medium
- ☐ Cauliflower, cooked ½ cup
- ☐ Corn, fresh or frozen, cooked 1 cup
- ☐ Cucumber, raw 2 cups slices
- ☐ Garlic, raw 3 cloves
- ☐ Green beans, fresh or frozen, cooked 3 cups
- ☐ Lettuce, iceberg 4 cups
- ☐ Lettuce, romaine 1 cup
- ☐ Onion, raw ¾ cup chopped
- ☐ Pepper, bell, green, raw ½ cup chopped
- ☐ Pepper, bell, red, raw ½ cup chopped
- ☐ Potato, boiled, without skin 1 cup
- ☐ Summer squash or zucchini, cooked ½ cup

Fruits

- ☐ Apple, with skin 3 medium
- ☐ Applesauce, unsweetened 1 cup
- ☐ Banana 1 medium
- ☐ Blueberries 1 cup
- ☐ Grapes 1 cup
- ☐ Lemon juice 4 tablespoons
- ☐ Orange 2 medium
- ☐ Peaches, canned in juice ½ cup

- ☐ Pear 1 medium
- ☐ Pears, canned in juice ½ cup
- ☐ Pineapple, canned in juice ½ cup
- ☐ Pineapple, raw ½ cup
- ☐ Raspberries ½ cup
- ☐ Strawberries 1 cup

Grains

- ☐ Bread, white 16 slices
- ☐ Bread, whole wheat 2 slices
- ☐ Egg noodles, cooked 1 cup
- ☐ Farina (hot wheat cereal), cooked with water 1 cup
- ☐ Graham crackers 8 squares
- ☐ Hamburger bun 1 bun
- ☐ Oatmeal, regular, cooked with water 2 cups
- ☐ Pita bread, white 2 small
- ☐ Puffed rice cereal 2 cups
- ☐ Rice, brown, cooked 1 cup
- ☐ Rice, white, cooked 2½ cups
- ☐ Shredded wheat cereal, spoon-size 1 cup
- ☐ Spaghetti, cooked 3½ cups
- ☐ Tortilla, corn 2 tortillas (6 inch)

Meat, poultry, fish, eggs

- ☐ Beef, ground, 85% lean, cooked 3 ounces
- ☐ Chicken breast, roasted, no skin 6 ounces
- ☐ Cod, baked 3 ounces
- ☐ Egg, whole, cooked 4 large
- ☐ Salmon, Atlantic, cooked 3 ounces

- ☐ Tuna, light, canned in water, no salt added 3 ounces
- ☐ Turkey breast, roasted, no skin 3 ounces

Beans, lentils, nuts, seeds, tofu

- ☐ Hummus 4 tablespoons
- ☐ Lentils, cooked ½ cup
- ☐ Peanut butter 2 tablespoons

Milk, yogurt, cheese and substitutes

- ☐ Butter, unsalted 8 teaspoons
- ☐ Cheese, Parmesan, grated 1 tablespoon
- ☐ Cheese, Swiss 1 ounce
- ☐ Milk, 2% 1½ cups

Snacks, sweets, condiments, sauces

- ☐ Honey 4 tablespoons
- ☐ Jam or jelly 4 tablespoons
- ☐ Ketchup 1 tablespoon
- ☐ Mayonnaise 4 tablespoons
- ☐ Olive oil 12½ tablespoons
- ☐ Popcorn, air-popped, unsalted 9 cups
- ☐ Rice cakes, plain, unsalted 2 cakes
- ☐ Vanilla wafers 20 cookies

Drinks

- ☐ Coffee, brewed 2 cups
- ☐ Cranberry juice cocktail ½ cup
- ☐ Orange juice ½ cup
- ☐ Tea, black, brewed 3 cups

Shopping List: Week 2

THE MEASURED PLATE

Everything the seven sample days of week 2 use. Rice, pasta, cereals, beans and meat are cooked amounts. Tick what you already have.

Vegetables

- ☐ Asparagus, cooked ½ cup
- ☐ Broccoli, cooked ½ cup
- ☐ Cabbage, green, cooked 1½ cups
- ☐ Carrots, cooked ½ cup
- ☐ Cauliflower, cooked 1 cup
- ☐ Corn, fresh or frozen, cooked ½ cup
- ☐ Cucumber, raw 1 cup slices
- ☐ Garlic, raw 2 cloves
- ☐ Green beans, fresh or frozen, cooked 2½ cups
- ☐ Lettuce, iceberg 2 cups
- ☐ Lettuce, romaine 1 cup
- ☐ Mixed vegetables, frozen, cooked 1 cup
- ☐ Onion, raw ¾ cup chopped
- ☐ Peas, green, fresh or frozen, cooked ½ cup
- ☐ Pepper, bell, green, raw ½ cup chopped
- ☐ Potato, boiled, without skin 1 cup
- ☐ Sweet potato, baked 1 medium
- ☐ Tomato, raw 2 medium
- ☐ Tomatoes, canned ½ cup

Fruits

- ☐ Apple, with skin 2 medium
- ☐ Applesauce, unsweetened ½ cup
- ☐ Banana 1 medium
- ☐ Blueberries ½ cup
- ☐ Grapes 2½ cups
- ☐ Lemon juice 3 tablespoons

- ☐ Orange 2 medium
- ☐ Peaches, canned in juice 1 cup
- ☐ Pear 1 medium
- ☐ Pears, canned in juice ½ cup
- ☐ Pineapple, raw ½ cup
- ☐ Strawberries 1 cup

Grains

- ☐ Bran flakes cereal ¾ cup
- ☐ Bread, white 9 slices
- ☐ Bread, whole wheat 2 slices
- ☐ Couscous, cooked 1 cup
- ☐ Egg noodles, cooked 1 cup
- ☐ English muffin, plain 1 muffin
- ☐ Farina (hot wheat cereal), cooked with water 1 cup
- ☐ Graham crackers 8 squares
- ☐ Hamburger bun 1 bun
- ☐ Oatmeal, regular, cooked with water 1 cup
- ☐ Rice, brown, cooked 1 cup
- ☐ Rice, white, cooked 4½ cups
- ☐ Shredded wheat cereal, spoon-size 1 cup
- ☐ Spaghetti, cooked 3 cups
- ☐ Tortilla, corn 2 tortillas (6 inch)

Meat, poultry, fish, eggs

- ☐ Beef, ground, 85% lean, cooked 3 ounces
- ☐ Chicken thigh, roasted, no skin 3 ounces
- ☐ Cod, baked 3 ounces
- ☐ Egg, whole, cooked 5 large
- ☐ Pork chop, loin, cooked 3 ounces

- ☐ Tilapia, cooked 3 ounces
- ☐ Tuna, light, canned in water, no salt added 3 ounces
- ☐ Turkey breast, roasted, no skin 3 ounces

Beans, lentils, nuts, seeds, tofu

- ☐ Chickpeas, cooked from dry ½ cup
- ☐ Lentils, cooked ½ cup
- ☐ Peanut butter 1 tablespoon

Milk, yogurt, cheese and substitutes

- ☐ Butter, unsalted 9 teaspoons
- ☐ Cheese, Parmesan, grated 3 tablespoons
- ☐ Milk, 2% 1½ cups

Snacks, sweets, condiments, sauces

- ☐ Honey 2 tablespoons
- ☐ Jam or jelly 3 tablespoons
- ☐ Mayonnaise 3 tablespoons
- ☐ Olive oil 14½ tablespoons
- ☐ Popcorn, air-popped, unsalted 6 cups
- ☐ Rice cakes, plain, unsalted 4 cakes
- ☐ Vanilla wafers 15 cookies

Drinks

- ☐ Coffee, brewed 3 cups
- ☐ Cranberry juice cocktail ½ cup
- ☐ Orange juice ½ cup
- ☐ Tea, black, brewed 3 cups