

Joy Bauer's DROP 10 TODAY Grocery List

This list provides the ingredients you'll need to follow the *Drop 10 TODAY Meal Plan*. Before heading to the store, be sure to review the food plan and figure out which meals and recipes you will—and will not—be eating so you can cross off unnecessary items. Note: Personalize this list by adding your favorite snack and non-starchy vegetable options. Enjoy!



VEGETABLES:

- Bell peppers, green, red and yellow
 - Broccoli, frozen or fresh
 - Carrots, baby and traditional
 - Cauliflower, fresh, frozen, and/or rice-form
 - Cucumbers
 - Corn, fresh or frozen
 - Gingerroot
 - Green beans, fresh or frozen
 - Lettuce/Mixed greens of choice
 - Onions
 - Peas, fresh or frozen
 - Potatoes, sweet and white
 - Scallions
 - Spinach, baby leaves
 - Spinach, fresh or frozen
 - Sugar snap peas, fresh or frozen
 - Tomatoes, traditional and cherry/grape
 - Tomatoes, canned-diced, no salt added
- *Additionally, add your favorite veggies (from the *Unlimited Non-Starchy Vegetable List*).

FRUIT:

- Apples
- Applesauce, natural/unsweetened
- Avocados
- Bananas
- Berries, fresh and frozen
- Cantaloupes
- Grapefruits
- Lemons or lemon juice
- Oranges
- Strawberries, fresh or frozen

NUTS AND LEGUMES:

- Beans: black beans, chickpeas, kidney beans, white beans, or any other preferred variety
- Edamame, frozen and shelled
- Nuts of choice: walnuts, pecans, peanuts, almonds or pistachios
- Peanut butter or peanut butter powder

PROTEIN:

- Chicken breast
- Eggs and/or egg substitutes
- Fish
- Ground turkey (at least 90% lean)
- Pork tenderloin
- Shrimp
- Sausage, chicken or turkey
- Tofu, extra-firm
- Turkey

DAIRY:

- Cottage cheese, light
- Cheddar cheese, reduced-fat and shredded
- Greek yogurt, low-fat/nonfat (plain or flavored)
- Milk, skim or 1% low-fat cow's milk, soymilk, light coconut, unsweetened almond milk
- Mozzarella cheese, part-skim and shredded
- Sour cream, light
- Swiss cheese, reduced-fat

WHOLE GRAINS:

- Bread, whole grain
- Granola
- High-fiber cereal
- Hamburger buns, whole grain
- Pita, whole grain
- Rice, brown or wild
- Rolled oats, old fashioned and quick-cooking
- Quinoa

SPICES/SEASONINGS:

- Chili powder
- Cilantro, fresh
- Cinnamon, ground
- Cumin
- Curry powder
- Garlic, ground and/or cloves
- Nutmeg, ground
- Oregano, ground
- Parsley, fresh
- Red pepper flakes
- Taco seasoning
- Turmeric

CONDIMENTS/MISCELLANEOUS:

- Barbecue sauce
- Butter or soft tub spread
- Chia seeds
- Cocoa powder
- Honey
- Hot sauce
- Hummus
- Ketchup
- Lentil, black bean or veggie soup
- Maple syrup
- Marinara sauce
- Mayonnaise, reduced fat
- Mustard
- Oil spray
- Olive oil
- Salsa
- Sesame oil
- Soy sauce, low-sodium
- Vegetable oil
- Vegetable broth, reduced sodium
- Vanilla extract
- Vinegar (preferred varieties)

SNACKS:

Enjoy one to two snacks each day; add your favorites to the list (from the Drop 10 TODAY meal plan).