



## Balanced Wellness LLC Shopping List

**Plan:** 1200-1400 Heart Healthy

The shopping list is created based on the foods selected in your food planner.



### Meats & Proteins

Food	Amount	Unit
Beef, Ground (95% Lean Meat/5% Fat), Cooked	5 1/2	ounce(s)
Chicken Or Turkey, White Meat, No Skin, Cooked	3 1/4	ounce(s)
Edamame, Green Soybeans In Pod	1	cup(s)
Egg White, , Eggs	5	whole(s)
Fish, Pollock, Snapper Or Sea Bass, Cooked	4	ounce(s)
Hummus	1/3	cup(s)
Nut Butters, Smooth Or Chunky, Without Salt Added	1	tablespoon(s)
Nuts, Almonds Or Cashews, Unsalted	12	whole(s)

### Grains, Cereals, & Pastas

Food	Amount	Unit
Bagel, (everything, Onion, Poppy, Sesame)	1/4	whole(s)
Bread, Whole Wheat, Pumpernickel, Rye,	1	ounce(s)
Oats, Instant, Cooked With Water And Salt	1/2	cup(s)
Pasta, Whole-wheat, Cooked	2	cup(s)
Pita Bread, Whole Wheat	1	small
Rice, White Or Brown, Dry	1/8	cup(s)
Rice, Wild, Cooked	1/2	cup(s)

## Grains, Cereals, & Pastas

Tortilla Corn, 6" Across	2 1/2	ounce(s)
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## Milk & Dairy

Food	Amount	Unit
Milk, Nonfat (fat Free Or Skim)	1	cup(s)
Starbucks Caffè Latte Soy	8	ounce(s)
Yogurt, Nonfat, Fruit	3	ounce(s)

## Vegetables

Food	Amount	Unit
Bell Peppers, Sweet Red, Raw	1	cup(s)
Broccoli, Raw	3/4	cup(s)
Cabbage Raw, Chopped	1	cup(s)
Carrots, Medium, Raw	1	stick(s)
Celery Raw, Stalk	3	large
Onions Raw, Chopped	1/4	cup(s)
Onions , Green, Spring Or Scallions Raw	4	large
Tomato, Marinara Sauce, Low Sodium	3/4	cup(s)
Waterchestnuts	7	piece(s)

## Fruits

Food	Amount	Unit
Banana Raw	1/2	large
Blackberries, Fresh Or Frozen, Unsweetened	1	cup(s)
Grapes Red Or Green, Muscadines	15	whole(s)
Mandarin Oranges, Canned	1/2	cup(s)
Mangos Raw	1/2	cup(s)

## Fats & Oils

Food	Amount	Unit
Cream Cheese, Whipped	1 1/4	tablespoon(s)
Nuts, Almonds Or Cashews, Unsalted	6	whole(s)
Oil, (corn, Canola, Safflower, Olive)	6 1/2	teaspoon(s)
Olives, Ripe, Black	9	large

### Fats & Oils

Pine Nuts, Pignolia	1/4	ounce(s)
Sauce Hoisin Ready-to-serve	1 1/4	tablespoon(s)

### Other (uncategorized)

Food	Amount	Unit
Sugar Substitute, (splenda, Equal), Packet	2	package(s)

### Snack

Food	Amount	Unit
Alcohol, Red Table Wine	3 1/2	ounce(s)
Alcohol, White Table Wine	3 1/2	ounce(s)
Cheese, Low-sodium, Cheddar Or Colby	1 1/2	ounce(s)
Cookie, Gingersnaps	2 1/2	whole(s)
Frozen Yogurt, Fat Free	1/2	cup(s)
Nuts, Almonds Or Cashews, Unsalted	26	whole(s)

### Beverage

Food	Amount	Unit
Coffee, Brewed, Regular	24	ounce(s)
Drink Mixes, Sugar Free (crystal Light)	2	tablespoon(s)
Gelatin, Jello-type Dessert, Sugar Free	1/2	cup(s)
Tea, All Types (black, Green, Herbal), Unsweetened	32	ounce(s)
Water - Plain, Carbonated Or Mineral	64	ounce(s)