

Your Week 1 Shopping List Checklist

Set yourself up for success each day by having everything you need on hand so you can stick to your plan and stay on track – this is an essential part of your planning and prep. Use this checklist and our tips and recommendations to help you organize everything you need for your first week on the diet. Of course, substitute any of these ideas with your favorites!

FRESH PRODUCE

Fruits

- 1-2 bunches of bananas (as they ripen, peel, slice and freeze to add to your Shakes!)
- 2 pints fresh berries (for Shakes, snacks, and/or Multigrain Hot Cereal)
- 1 bunch grapes (try freezing some for evening snacks)
- 5 apples (cut up and add to Multigrain Hot Cereal)
- 1 melon (cut up for snacks)
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Vegetables

- 1 container of greens, e.g. mixed, romaine, spinach, kale, etc. – HMR Entrees go great over a bed of greens
- Potatoes (regular and/or sweet)
- 1 bag baby carrots or snap peas and/or sweet peppers (for snacking)
- 2 onions (to sauté and add to entrees)
- 2-3 avocados (adding ¼ to ½ an avocado to your Entrees, or with a salad, increases satiety and adds creamy texture to your meal)
- Tomatoes (add chopped tomato and avocado to an Entrée or over a baked sweet potato)
- Other Veggie Considerations: Broccoli, cauliflower, spaghetti squash and/or butternut squash (chop, roast and enjoy all week, mixed in with your Entrees)
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FROZEN FRUITS & VEGETABLES

*Read labels – no added sugars or sauces

- 2-3 bags cherries, mixed berries, pineapple, mango, etc.
- 2-3 bags broccoli, veggie blends, spinach, green beans, peas, corn, etc.
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CANNED FRUITS & VEGETABLES

*Read labels – no added sugars or sauces

- 1-2 cans fruit (try peaches, pineapple) – pop-tops are great for on-the-go snacks
- 1-2 cans beans (try garbanzo beans, black beans)
- 1-2 cans veggies (try roasted tomatoes, artichoke hearts, and corn)
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PANTRY

*Read labels – we recommend using add-ins that are 15 calories per tablespoon or less.

Take stock of what you already have and then supplement with some of the following – you can always build up your low-calorie pantry over time – you don't need everything all at once.

- Sugar-free pudding mixes (a Tbsp. of the powder adds variety and richness to your shakes) – Flavors we suggest stocking up on: Cheesecake, Chocolate Fudge, Butterscotch
- Cheese or butter flavor sprinkles, such as Molly McButter
- Broth (chicken, beef, or vegetable) – use with Entrees to make soups or stews
- Seasonings (cinnamon, Italian seasonings, chipotle, Cajun – whatever flavors you like!)
- Extracts (vanilla, mint, maple)
- Fat-free salad dressings
- Salsa
- _____
- _____
- _____

OTHER (OPTIONAL)

*Read labels – select add-ins that are 15 calories per tablespoon or less.

- Fat-free sour cream
- Nondairy creamer, skim or 1% milk for coffee
- Sparkling water and other noncaloric beverages
- Diet soda (blend with shakes for extra flavor and volume!)
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