

Healthy Heart Shopping List

What is a 'good' food and what is a 'bad' food? It's hard to tell as you're cruising down the grocery aisles. So many food packages now scream "LOWER FAT," "LITE" and "100% SOMETHING OR OTHER!" Who's to know what is factual and what's hype?

The FDA outlined strict guidelines limiting what food packages can proclaim. However, for the average shopper like you and me, keeping up with the guidelines is difficult and confusing.

Erin Chavez, Bluelady life coach and Fitness and Nutrition Specialist, put this heart healthy shopping list together to help you navigate through the grocery store. It lists only healthy food choices so you will quickly learn how to choose healthier foods on your own.

Menu Plan

Many moms overlook menu planning, but it is *the* most important aspect of grocery shopping. Menu planning helps you to make nutritional food choices before you ever enter the grocery store and helps to prevent purchasing budget-blowing impulse items.

When you have a menu plan and shopping list prepared, it is easier to focus on doing something good for yourself rather than trying to remember last minute items as you run out the door. Put your well thought out shopping list in your purse, slow down your mind, and use the minutes before leaving for the grocery store to eat a healthy snack and drink some water. You know that shopping on an empty stomach is a bad idea, so fix the problem before you hop in the car.

This shopping list is based on a heart healthy diet and is a good guideline to follow when you are working healthier foods into your lifestyle. This shopping list is not intended to substitute for a prescribed or medically restricted diet; continue to follow all of your doctor's instructions.

Brief Instructions and Highlights.

- Use the lines following the grocery and shopping items to write in how much you expect to spend on each item. When your list is complete, add the expected expenses, and then adjust your list to fit your budget and desires as necessary.
- In addition to the Healthy Heart items, your shopping list includes common items you may need while you are out.
- Do you often throw things you do not need into your cart? You will find that by writing the desired item and its price in "Price Checks on Would-Be Impulse Purchases" will help you curb your spending. Noting the item means you won't forget it is available – the urge to "buy now" will diminish. This simple trick keeps more money in your pocket!
- When you print your shopping list and meal planning guide, remember to *print pages 3-7 only*. You'll save paper, ink, time, and possibly a rainforest!

Happy Eating and Happier Shopping!



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Healthy Heart Shopping List and Weekly Menu Planner

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Dry Goods

Beans, Black _____
 Beans, Navy _____
 Beans, Red _____
 Brown Rice _____
 Dried Fruit _____
 Healthy Cooking Oil _____
 Honey _____
 Splenda/ Sugar Substitute _____
 Vinegar (variety) _____
 Wheat Flour _____
 Smart Balance Cook Spray _____
 Wheat Bread _____
 Wheat Rolls _____

Cereals

Cheerios _____
 Fiber One _____
 Oatmeal _____

Dry Seasonings

Basil _____
 Beef Bouillon, reduced sodium, fat free _____
 Cayenne Pepper _____
 Chicken Bouillon, reduced sodium, fat free _____
 Chili Seasoning _____
 Cilantro _____
 Cinnamon _____
 Cumin _____
 Dill _____
 Dry Italian Dressing _____
 Dry Mustard _____
 Garlic Powder _____

Oregano _____
 Paprika _____
 Pepper _____
 Sage _____
 Salt/Salt Substitute _____
 Spicy Mix _____
 Taco Seasoning _____
 Vegetable Bouillon, fat free _____

Drinks and Juices (in moderation and labeled 'diet', no sugar added or 'lite')

Apple Juice _____
 Coffee _____
 Cranberry Juice _____
 Distilled Water _____
 Grape Juice, _____
 Orange Juice _____
 Orange Pekoe Tea _____
 Green Tea _____
 Black Tea _____

Snacks and Treats

Cereal Bars, no fat _____
 Granola _____
 Almonds, Unblanched _____
 Baked Chip Variety _____
 Corn Rings by Quaker _____
 Diet Soda _____
 Dried Fruit _____
 Popcorn, no butter/flavoring _____
 WOW! Chip Variety _____

Sauces and Dressings/Condiments

A-1 Steak Sauce _____
 Barbeque Sauce _____
 Chinese Cooking Sauce _____
 Chocolate Syrup _____
 Hot Sauce _____
 Ketchup _____
 Mayonnaise, fat free _____
 Mustard, Dijon _____
 Mustard, other variety _____
 Mustard, Yellow _____
 Peanut Butter, reduced fat _____
 Pickles, Dill _____
 Pickles, Hot _____
 Pickles, other variety _____
 Pickles, Sweet _____
 Salad Dressing, Just 2 Good _____
 Salsa _____
 Soy Sauce _____
 Spaghetti Sauce _____
 Worcestershire _____

Canned Vegetables/Soups

Cream of Chicken, lite _____
 Cream of Mushroom, lite _____
 Green Chile _____
 Mushrooms _____
 Tomato Paste _____
 Tomato Puree _____
 Tomato Sauce _____
 Tomato Soup _____
 Tomatoes, Whole Canned _____

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Canned Fruit, Lite or in Pear Juice

Fruit Cocktail _____
 Peaches _____
 Pears _____
 Pineapple _____
 Other Canned Fruit _____

Fresh Vegetables (don't bread/fry)

Avocados _____
 Broccoli _____
 Carrots _____
 Celery _____
 Cucumber _____
 Lettuce, Romaine _____
 Lettuce, whole leaf _____
 Mushrooms _____
 Okra _____
 Onion, Green _____
 Onion, Red _____
 Onion, White _____
 Onion, Yellow _____
 Pepper, Green _____
 Pepper, Other variety _____
 Potatoes, Red _____
 Potatoes, Sweet _____
 Potatoes, White _____
 Radishes _____
 Salad Mix, bagged _____
 Spinach _____
 Squash, Acorn _____
 Squash, Spaghetti _____
 Squash, Yellow _____
 Tomatoes _____
 Zucchini _____

Fresh Fruits

Apples, Gala _____
 Apples, Golden _____
 Apples, Granny Smith _____
 Apples, Red _____
 Banana _____
 Cantaloupe _____
 Grapes, Green _____
 Grapes, Red _____
 Guava _____
 Honeydew _____
 Kiwi _____
 Mango _____
 Oranges _____
 Peaches _____
 Pineapple _____
 Plums _____
 Tangerines _____
 Watermelon _____

Dairy

Cheese, lo-fat block _____
 Cheese, lo-fat sandwich _____
 Cheese, lo-fat Velveeta _____
 Cheese, lactose free _____
 Cottage Cheese, Lo-Fat _____
 Cream Cheese, low fat _____
 Cream, Dry No-Fat _____
 Eggs _____
 Egg Beaters, Nature's Own _____
 Healthy Start _____
 Milk, Skim _____
 Smart Balance _____
 Smart Balance Butter Spray _____
 Sour Cream, No-Fat _____

Yogurt, Flavored, low fat _____
 Yogurt, Plain, low fat _____

Meats/Fish

Bacon, Turkey _____
 Beef _____
 Beef, Lean Ground _____
 Beef, Liver _____
 Chicken Breast, skinless _____
 Deli Meats, low fat/trimmed _____
 Fish, Fresh _____
 Fish, Frozen _____
 Pork, Center Cut Chops _____
 Salmon, Fresh Pouch _____
 Sausage, Turkey ground _____
 Sausage, Turkey link _____
 Tuna, Water or Fresh Pouch _____

Frozen Foods

Healthy Start _____
 Lean Cuisine _____
 Weight Watchers _____
 Broccoli _____
 Broccoli/Cauliflower Mix _____
 Carrots _____
 Carrots and Peas _____
 Cauliflower _____
 Collards _____
 Frozen Fruit _____
 Green Beans _____
 Ice-Cream, no-fat, Splenda _____
 Juice, Orange _____

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Juice, Other _____
 Peas _____
 Stir-fry Mixed Vegetables _____
 Whipped Cream, fat free _____

Pharmacy

Bandages _____
 Bath Soap _____
 Cotton Balls _____
 Deodorant _____
 Facial Cleanser _____
 Hair Conditioner _____
 Lotion _____
 Make-up _____
 Medicine, Prescription _____
 Medicines, OTC _____
 Mouthwash _____
 Pads/Tampons _____
 Peroxide _____
 Razor Blades, Her _____
 Razor Blades, Him _____
 Rubbing Alcohol _____
 Shampoo _____
 Shaving Cream _____
 Toothbrush _____
 Toothpaste _____
 Vitamins _____

House Cleaning/Paper Products

Abrasive Cleaner _____
 Aluminum Foil _____
 Ammonia _____

Bags, Freezer _____
 Bags, Kitchen Trash _____
 Bags, Sandwich _____
 Bags, Storage _____
 Bags, Yard Trash _____
 Bleach _____
 Degreaser _____
 Fabric Softener _____
 Febreeze® _____
 Floor Cleaner _____
 Furniture Polish _____
 Glass Cleaner _____
 Paper Napkins _____
 Paper Plates _____
 Paper Towels _____
 Plastic Wrap _____
 Soap, Dish _____
 Soap, Dishwasher _____
 Soap, Laundry _____
 Stain Remover _____
 Tissue/Kleenex _____
 Toilet Paper _____
 Vacuum Bags _____

Pets

Accessories _____
 Flea/Tick Medicine _____
 Food _____
 Shampoo _____
 Vitamins _____

Miscellaneous

Antifreeze _____
 Batteries _____
 Central Heat/Air Filters _____
 Film _____
 Motor Oil _____
 Printer Ink _____
 Printer Paper _____
 Transmission Fluid _____
 Vehicle Air Filter _____
 Vehicle Fuel Filter _____
 Vehicle Oil Filter _____

While I'm Out

Cleaners _____
 Pick-up/Drop-off Film _____
 Fuel _____
 Library _____

Price Checks on Would-Be Impulse Purchases:

Notes:

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Weekly Menu Plan

Monday

Breakfast _____

Mid-Morning _____

Lunch _____

Snack _____

Dinner _____

Separate Lunches for Children and Spouse? Enter here:

Tuesday

Breakfast _____

Mid-Morning _____

Lunch _____

Snack _____

Dinner _____

Separate Lunches for Children and Spouse? Enter here:

Wednesday

Breakfast _____

Mid-Morning _____

Lunch _____

Snack _____

Dinner _____

Separate Lunches for Children and Spouse? Enter here:

Thursday

Breakfast _____

Mid-Morning _____

Lunch _____

Snack _____

Dinner _____

Separate Lunches for Children and Spouse? Enter here:

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Friday

Breakfast _____

Mid-Morning _____

Lunch _____

Snack _____

Dinner _____

Separate Lunches for Children and Spouse? Enter here:

Saturday

Breakfast _____

Mid-Morning _____

Lunch _____

Snack _____

Dinner _____

Separate Lunches for Children and Spouse? Enter here:

Sunday

Breakfast _____

Mid-Morning _____

Lunch _____

Snack _____

Dinner _____

Separate Lunches for Children and Spouse? Enter here:

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