


Chef Solus Food Groups - Grocery List

VEGETABLES Mix them up for new tastes 	GRAINS Look for whole grains	MILK GROUP Choose fat-free or low-fat	MEAT & BEANS Choose lean meat and poultry.
Tomatoes <input type="checkbox"/>	Brown rice or wild rice <input type="checkbox"/>	Low fat Milk <input type="checkbox"/>	Beef, pork or lamb <input type="checkbox"/>
Tomato or vegetable juice <input type="checkbox"/>	Oatmeal <input type="checkbox"/>	Cheese <input type="checkbox"/>	Chicken (white meat) <input type="checkbox"/>
Turnips <input type="checkbox"/>	Popcorn <input type="checkbox"/>	Yogurt <input type="checkbox"/>	turkey <input type="checkbox"/>
Wax beans <input type="checkbox"/>	Whole wheat cereals <input type="checkbox"/>	Pudding made with milk <input type="checkbox"/>	Garden or veggie burgers <input type="checkbox"/>
Zucchini <input type="checkbox"/>	Whole rye <input type="checkbox"/>	Iced milk <input type="checkbox"/>	Beans <input type="checkbox"/>
Corn <input type="checkbox"/>	Whole wheat bread <input type="checkbox"/>	Frozen yogurt <input type="checkbox"/>	Black eye peas <input type="checkbox"/>
Lima beans (green) <input type="checkbox"/>	Whole wheat crackers <input type="checkbox"/>	Ice cream <input type="checkbox"/>	Split peas <input type="checkbox"/>
Potatoes <input type="checkbox"/>	Whole wheat pasta <input type="checkbox"/>	Soy Milk <input type="checkbox"/>	Tofu <input type="checkbox"/>
Green peas <input type="checkbox"/>	Whole wheat tortillas <input type="checkbox"/>	<input type="checkbox"/>	Chickpeas <input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eggs <input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Shellfish <input type="checkbox"/>
VEGETABLES Eat green leafy* and orange** vegetables daily	FRUITS Fresh, frozen or canned 	OILS Healthy oils are also found in nuts and fish	Fish, fresh and canned <input type="checkbox"/>
Bok choy* <input type="checkbox"/>	Apples <input type="checkbox"/>	Olive oil <input type="checkbox"/>	Nuts <input type="checkbox"/>
Broccoli * <input type="checkbox"/>	Apricots <input type="checkbox"/>	Sunflower oil <input type="checkbox"/>	Seeds <input type="checkbox"/>
Collard greens* <input type="checkbox"/>	Avocado <input type="checkbox"/>	Canola oil <input type="checkbox"/>	<input type="checkbox"/>
Dark green leafy lettuce* <input type="checkbox"/>	Bananas <input type="checkbox"/>	Walnut Oil <input type="checkbox"/>	<input type="checkbox"/>
Kale* <input type="checkbox"/>	Strawberries <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mesclun* <input type="checkbox"/>	Blueberries <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mustard greens* <input type="checkbox"/>	Raspberries <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spinach* <input type="checkbox"/>	Cherries <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Turnip greens* <input type="checkbox"/>	Grapefruit <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Watercress ⁸ <input type="checkbox"/>	Grapes <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Acorn, butternut and Hubbard squash** <input type="checkbox"/>	Kiwi fruit <input type="checkbox"/>	<input type="checkbox"/>	SEASONINGS/ SPICES
Carrots** <input type="checkbox"/>	Lemons <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pumpkin** <input type="checkbox"/>	Limes <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sweet potatoes** <input type="checkbox"/>	Mangoes <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Artichokes <input type="checkbox"/>	Cantaloupe <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asparagus <input type="checkbox"/>	Honeydew <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bean sprouts <input type="checkbox"/>	Watermelon <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beets <input type="checkbox"/>	Nectarines <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brussels sprouts <input type="checkbox"/>	Oranges <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cabbage <input type="checkbox"/>	Peaches <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cauliflower <input type="checkbox"/>	Pears <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Celery <input type="checkbox"/>	Papaya <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cucumbers <input type="checkbox"/>	Pineapple <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eggplant <input type="checkbox"/>	Plums <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Green beans <input type="checkbox"/>	Prunes <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Green/red peppers <input type="checkbox"/>	Raisins <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Iceberg lettuce <input type="checkbox"/>	Tangerines <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mushrooms <input type="checkbox"/>	100% fruit juices <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Okra <input type="checkbox"/>	100% fruit juices <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Onions <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>