

DASH Menu Grocery Shopping List

Bread/ Grains/ Cereals:

- Cereals:
- Cornflakes (3/4 C)
- Whole Grain Oat Rings (1 C)
- Frosted Shredded Wheat (3/4 C)
- Wheat Flakes Cereal (3/4 C)
- Bran Cereal (2/3 C)
- Whole Wheat Bread (2 loaves)
- Whole Wheat Rolls (5)
- Mini Whole Wheat Bagel (1)
- Spaghetti (1 C)
- Sesame Roll (1)
- Long Grain Wild Rice (1/2 C)
- Corn Bread Muffin (1 small)
- Graham Crackers (4 large)
- Rice (10 Cups cooked)
- Fat Free Whole Wheat Crackers (12)
- Oatmeal (1 C)
- Lasagna (1/2 Lb coked)
- Croutons (2 Tbsp)
- Bagel (1/2 med)
- Low Fat Granola Bar (1 each)

Dairy Products:

- Fat Free Milk (1 Gallon)
- Fat Free Yogurt (8 Cups, 64 oz)
- Fat Free Sour Cream (3 Tbsp)
- Reduced Fat Cheddar Cheese (8-10 slices)
- Fat Free Cream Cheese (1 Tbsp)
- Reduced Fat American Cheese (1-2 slices)
- 2% Cottage Cheese (2 C)
- Part Skim Mozzarella Cheese (3/4 C)
- Fat Free Cottage Cheese (1/2 C)
- Parmesan Cheese (1/2 C)

Condiments:

- Low Fat Mayonnaise (1 C)
- Jelly (4 tsp.)
- Dijon Mustard (2 Tbsp)
- Fat Free Ranch Dressing (1/4 C)
- Soft Margarine (1/4 C)
- Honey (1/4 tsp)

Meat/ Fish/ Poultry:

- Chicken (5, 3 oz breasts)
- Eye of Round Beef (5 oz)
- Cod (20 oz)
- Low Fat, Low Sodium Smoked Ham (2 oz)
- Tuna (3, 6 oz cans)
- Lean Ground Turkey (1 lb.)
- Turkey Breast (3 oz)

Vegetables:

- Celery (1 stalk)
- Cucumbers (2)
- Tomatoes (7)
- Scallions/ Green Onions (1 bunch)
- Broccoli, Frz (1 C)
- Carrots (2 lbs.)
- Garlic (2 bulbs)
- Zucchini (3)
- Spinach (1 Bunch or 1 Bag)
- Spinach Frz (1 C)
- New Potatoes (16 small)
- Potatoes, small (2-3)
- Romaine Lettuce (2 heads)
- Green Peppers (3)
- Green Peas, Frz (1/2 C)
- Parsley (1 tsp)
- Mushrooms (1/4 C)
- Corn, Frz (1/2 C)
- Collard Greens, Frz (1 C)
- Onions (3)
- Green Beans, Frz (1 C)

Fruits:

- Bananas (6)
- Fruit Cocktail (8 oz)
- Apples (3)
- Raisins (1/4 C)
- Orange Juice (32 oz Prepared)
- Peaches, fresh (2)
- Apple Juice (16 oz Prepared)
- Dried Fruit/ Apricots (3/4 C)
- Oranges (2)
- Grape Juice (16 oz Prepared)

- BBQ Sauce (1 Tbsp)
- Catsup (1/2 C)
- Reduced Fat Vinaigrette Dressing (2 Tbsp)

Seasonings:

- Lemon Juice (3 Tbps)
- Onion Powder (1/2 tsp.)
- Olive Oil (1/2 C)
- Vegetable Oil (2 Tbsp)
- Oregano (2 Tbsp)
- Basil (2 Tbsp)
- Red Wine Vinegar (1 Tbsp)
- Black Pepper (2 tsp)
- Dill Weed, Dry (1 tsp)
- Bouillon Granules (2 tsp)
- Dehydrated Onion (1 Tbsp)
- Salt Free Salty Seasoning (1 tsp)

- Cantaloupe (1 C cubed)
- Canned Pineapple (1 C)
- Canned Pears (1/2 C)

Miscellaneous:

- Almonds (2 C)
- Reduced Fat Peanut Butter (2 Tbsp)
- Tomato Sauce (4, 8 oz cans)
- Tomato Paste (1 6 oz can)
- Whole Egg (1)