

Grocery List (for the 7-Day Jump-Start Meal Plan)



Bring this grocery list with you when shopping for your 7-day menu.

Keep in mind that the nutrition information provided in this fact sheet is of a generalized nature and is for education purposes only. It is not medical advice and should not be construed as such. Always consult your healthcare provider for nutrition plans that are tailored to your unique needs.

PRODUCE & GREENS

- ___ Broccoli (1 bunch)
- ___ Green beans (2 large handfuls or 1 package)
- ___ Zucchini (2)
- ___ Mushrooms (sliced, 8 oz package)
- ___ Salad greens (2-3 bags)
- ___ Other salad veggies (like tomatoes, peppers, green onion, cabbage, carrots)
- ___ Celery (one bunch)
- ___ Bok Choy and other Chinese vegetables (5 cups)
- ___ Yellow onion (1 medium)
- ___ Fresh spinach (one medium bag)
- ___ White potatoes for baking, i.e., russet (2)
- ___ New potatoes (2 handfuls)
- ___ Fresh fruit (such as bananas, fresh strawberries, melon, apples, pears, oranges, tangerines, peaches or nectarines, and kiwis)
- ___ Fresh lemon (3)



GROCERY

- ___ Fat-free bouillon or broth
- ___ Popcorn kernels (air-pop)
- ___ Sugar-free gelatin
- ___ Low-fat powdered peanut butter
- ___ Liquid smoke

GRAINS & LEGUMES

- ___ Black beans (8 oz can or dry)
- ___ White beans (8 oz can or dry)
- ___ Garbanzo beans (2 cups)
- ___ Whole wheat bread (1 loaf)
- ___ Whole wheat bun (2)
- ___ Low-fat whole wheat crackers, example: Wasa® Crispbread (1 package)
- ___ Oatmeal (1 container)
- ___ Shredded wheat or toasted unsweetened oat cereal (1 box)
- ___ Brown rice (small package)
- ___ Whole wheat pasta (small box)
- ___ Low-fat whole wheat pizza crust or low-fat whole wheat pita or whole wheat English muffin

ETHNIC

- ___ Low-fat whole grain corn tortillas or low-fat whole wheat flour tortillas (1 package)
- ___ Taco seasoning packet
- ___ Salsa
- ___ Fat-free pizza sauce
- ___ Fat-free Asian sauce or dressing or rice vinegar
- ___ Soy sauce



NUTS & SEEDS

- ___ Chia seeds or milled flax (small bag)

CANNED FOODS

- ___ Black beans (two 15 oz cans)
- ___ White or cannellini beans (one 15 oz can)
- ___ Garbanzo beans (two 15 oz cans)
- ___ Fat-free refried beans or pinto beans (two 15 oz cans)
- ___ Low-fat bean soup (one can or box)
- ___ No sugar-added canned fruit (two 14 oz cans fruit cocktail and/or pineapple)
- ___ Unsweetened applesauce (one small jar or container)

PROTEIN

- ___ Canned water packed tuna (6 oz can)
- ___ Boneless skinless chicken breasts (2 lbs)*
- ___ Low-fat turkey luncheon meat (½ - 1 lb)
- ___ Frozen pre-cooked shrimp (1 lb)
- ___ 98% fat-free ground turkey breast (2 lbs)
- ___ Lean fresh fish such as sole or tilapia (1 lb)

** Increase purchase of chicken breasts to 3 lbs if using on day six and decrease ground turkey*

GETTING STARTED

SEASONINGS & SWEETENERS

- ___ Fine ground sea salt
- ___ Alcohol-free vanilla extract
- ___ Sugar-free maple syrup
- ___ Basil (3 Tbsp)
- ___ Oregano (3 Tbsp)
- ___ Cumin (1 Tbsp)
- ___ Chili Powder (2 Tbsp)
- ___ Garlic Powder (2 Tbsp)
- ___ Cinnamon (3 Tbsp)
- ___ Paprika (1 Tbsp)
- ___ Chipotle Powder (3 Tbsp)
- ___ Seasoned or butter flavored salt



FROZEN FOODS

- ___ Frozen berries, without added sugar (1 bag)
- ___ Frozen pineapple chunks, without added sugar (1 bag)
- ___ Frozen assorted vegetables, or select fresh (2 bags)

DAIRY

- ___ Fat-free or skim milk (2 gallons)
- ___ Fat-free plain Greek yogurt (4 cups)
- ___ Fat-free cottage cheese (16 oz)
- ___ Fat-free shredded cheese (8 oz)
- ___ Fat-free string cheese (small package)
- ___ Fat-free egg substitute (16 oz carton)
- ___ Eggs (if not using egg substitute) (1 dozen)

CONDIMENTS & SAUCES

- ___ Sugar-free BBQ sauce
- ___ Fat-free marinade for chicken or fat-free Italian dressing
- ___ Fat-free ranch dressing
- ___ Fat-free mayonnaise, if available
- ___ Mustard

OILS

- ___ Prescription-grade MCT oil (purchase with assistance from your healthcare professional)



NOTE: Recommendations regarding purchase quantity is approximate and does not take into account individual calorie needs and food preferences.

This grocery list is based on serving one person for breakfast and lunch, and two people for dinner.

Extra turkey breast, fat-free cottage cheese, fat-free string cheese and raw veggies may be purchased and used for additional snacks.

Recipes and meal suggestions courtesy of Mary Felando, MS, RDN, CLS, FNLA.

The information provided here is for educational purposes only and is not intended as medical advice. Always consult with a qualified healthcare professional before making any changes to your diet or lifestyle.

©2024 Ionis Pharmaceuticals®. All rights reserved. US-GEN-2300053 v3.0 11/2024

