

SHOPPING LIST

fruit

All fruits are **OSP** under the Freestyle plan. Choose whichever fruits you like to snack on.

pantry items

Most beans are **OSP** under the Freestyle plan. For regular use in recipes, I keep the following on hand:

- Canned tomatoes (whole, crushed) **OSP**
- Refried beans (fat-free) **OSP**
- Black beans (canned) **OSP**
- Barillia ProteinPlus Pastas
- Flour: All-purpose and Self-rising
- Broth: Beef and Chicken (low sodium)

dairy aisle

- Unsweetened alternative milks (for recipes) - Almond or Cashew
- Neufchatel Cheese
- Part-skim Mozzarella Cheese (**TRADER JOES**)
- Butter
- Lite Cheese Sticks
- VELVEETA** Cheese Slices
- Parmesan Cheese
- SARGENTO** Ultra Thin Cheeses
- Laughing Cow Cheese Wedges
- FAGE** 0% Greek Yogurt
- Light Sour Cream

seasonings and stuff

- EVOO Cooking Spray
- Canola Oil Cooking Spray
- Kosher Salt / Ground Black Pepper
- Worcestershire Sauce
- Ketchup and Yellow Mustard
- Dijon Mustard
- Hot Sauce **CHOLULA BRAND**
- Everything But the Bagel Seasoning (**TRADER JOES**)

vegetables + greens

All vegetables are **OSP** under the Freestyle plan. Choose whichever vegetables you like to snack on. For regular use in recipes, I like to keep on hand:

- Onions (Yellow + Red)
- Garlic Cloves
- Garlic cloves
- Peppers (Red + Green)
- Celery
- Carrots
- Fresh Spinach
- Romaine lettuce
- Sweet Potatoes ***NOTOSP**
- HERBS:** Rosemary, Thyme,
- Cilantro

proteins

- Boneless, skinless chicken breast **OSP**
- Ground Turkey (99% lean) **OSP**
- Center Cut Bacon
- Turkey Pepperoni Slices
- Fully-cooked Chicken and Turkey Sausage
- Eggs

grains

- Schmidt 647 Old Tyme White Bread **1SPPER SLICE**
- Panko Breadcrumbs (seasoned and plain)
- Cut da Carb Flatbreads
- Flour Tortillas **CORN**
- Rice **CALROSE VARIETY**
- Pasta **BARILLA PROTEINPLUS**

- Buffalo Sauce **FRANK'S BRAND**
- Mayonnaise (Lite)
- Smoked Paprika Seasoning
- Cumin Seasoning
- Chili Powder
- Chipotle Powder
- 21 Seasoning Salute (**TRADER JOES**)
- Chipotle in Adobo