

WORKSHEET 11

GROCERY LIST

Visit www.LLS.org/CaregiverWorkbook to access all chapters and worksheets.

PANTRY

Keep your loved one's pantry stocked with healthy food options during treatment and recovery. Use this suggested grocery list to get started. Keep in mind that these foods are only suggestions. Make changes, as necessary, to accommodate food allergies or to follow the nutrition guidelines recommended by the healthcare team.

Grains

- Whole-grain breads
- Crackers
- Whole-grain rice and pasta
- Oatmeal and hot cereal
- Couscous, bulgur wheat and quinoa
- Cereal
- Natural popcorn
- Flour and breadcrumbs
- Whole-grain cereal

Fruits/Vegetables

- Canned and dried fruits
- Applesauce (unsweetened)
- Potatoes and sweet potatoes
- Onions and garlic
- Canned tomatoes and veggies
- Instant mashed potatoes

Dairy

- Nonfat dry milk or whey protein powder
- Evaporated milk

Proteins

- Canned fish and chicken (packed in water)
- Natural peanut and almond butter
- Unsalted nuts and seeds
- Canned and dried beans/peas
- Protein bars

Fats and Oils

- Olive and canola oil
- Cooking spray

Other

- Low-sodium soup and stock
- Dried herbs and spices
- Assorted vinegars
- Decaffeinated teas
- Decaffeinated coffee
- Flavored drink mixes
- Pudding and gelatin
- Honey, sugar or stevia

Extra Pantry Groceries:

REFRIGERATOR AND FREEZER

Grains

- Whole-grain waffles
- Whole-grain breads

Fruits/Vegetables

- Fresh fruits and veggies
- Packaged salad
- 100% juice concentrate
- Tomato or fruit salsa

Dairy

- Low-fat milk
- Low-fat yogurt
- Low-fat cheese
- Low-fat cottage and ricotta cheese
- Fortified soy, almond and rice milk
- Sherbet, yogurt and ice cream

Proteins

- Eggs
- Skinless chicken breast

- Lean pork
- Lean beef
- Turkey breast
- Deli meats (nitrate free)
- Hummus
- Fish or shrimp

Fats and Oils *(Use full-fat choices if weight loss is an issue)*

- Low-fat mayonnaise
- Low-fat salad dressings
- Low-fat sour cream
- Soft *trans*-fat-free margarine (in a tub)

Other

- Fortified 100% juice
- Sports drinks
- Nutrition drinks
- Popsicles
- Ready-to-eat meals

Extra Groceries:
