

# MAKEOVERS LIFE FOOD-GROCERY LIST

## BEEF

Steak tenderloin  
Short ribs  
Beef roast  
Ground beef  
New York Strip

## PORK

Pork chops  
Pork roast  
Ribs

## CHICKEN/ TURKEY

Turkey breast  
Ground turkey  
Chicken breast

## FISH/SEAFOOD

Salmon  
Trout  
Tilapia  
Tuna  
Other \_\_\_\_\_  
Shrimp  
Scallops

## VEGETABLES

Carrots  
Celery  
Potatoes  
Broccoli  
Cauliflower  
Mushrooms  
Portabella  
Button  
Tomatoes  
Peppers  
Eggplant  
Cabbage (red-slaw)  
Zucchini  
Squash  
Sweet potatoes  
Spinach  
Cucumbers  
Idaho potatoes  
Onions-green/red  
Green beans  
Peas  
Corn  
Beets  
Cilantro  
Parsley  
Fennel  
Salads (spring mix-romaine)

## CONDIMENTS

Balsamic vinegar  
Red wine vinegar  
White wine vinegar  
Apple cider vinegar  
Rice wine vinegar  
Marsala wine  
Port wine  
Worcestershire sauce  
Louisiana hot sauce  
Barbecue sauce  
A1 sauce  
Ketchup  
Dijon mustard  
Yellow mustard  
Olive oil  
Corn oil  
Sunflower seed oil  
Sesame oil  
Soy sauce  
Sriracha chili paste  
Tahini paste  
Mayonnaise  
Kalamata olives  
Lemon juice  
Peperocini

## FRUITS

Apples  
Pears  
Grapes  
Oranges  
Grapefruit  
Strawberries  
Blueberries  
Raspberries  
Peaches  
Cantaloupe  
Honeydew  
Watermelon  
Bananas  
Pineapple  
Plums  
Kiwi  
Nectarines

## GRAINS

White rice  
Arborio rice  
Brown rice  
Basmati rice  
Grits  
Corn meal  
Quinoa  
Japanese bread crumbs  
Oatmeal  
Cream of wheat  
Corn flakes  
Crisped rice cereal  
Corn flakes  
Bran flakes cereal  
Matzo meal  
Tabouleh  
Cous cous

## Pasta

Spaghetti  
Egg noodles  
Penne pasta  
Ramen noodles  
Macaroni and cheese

## SPICES

Garlic powder  
Onion powder  
Mrs. Dash  
Italian seasoning  
Lawry's Seasoned salt  
Sea salt  
Salt  
Black pepper  
Peppercorns  
Chili powder  
Red pepper flakes  
Basil flakes  
Cinnamon  
Ground ginger  
Nutmeg  
Cloves  
Paprika  
Cayenne pepper

## OTHER

Cranberries  
Dried cherries  
Raisins  
Pecans/ almonds  
Pistachios  
Peanut/Almond butter  
Strawberry jam  
Orange jam  
Apricot/peach jam

## DAIRY

Heavy cream  
Half and half  
Milk  
4% yogurt  
Ice cream  
Cheese  
Cheddar  
Cream cheese  
Mozzarella  
Feta  
Parmesan  
Brie  
Blue cheese  
Eggs

## CANNED GOODS

Spaghetti sauce  
Stewed tomatoes  
Green beans  
Peas  
Corn  
Artichoke hearts  
Black olives  
Tuna  
Crabmeat  
Garbanzo beans  
Black beans  
Red beans  
Cannelloni beans  
Pumpkin pie mix  
Chicken stock  
Beef stock  
Coconut milk

## BAKING PANTRY

Baking powder  
Vanilla extract  
Flour-white unbleached  
Flour-wheat  
Molasses  
Corn syrup  
Coconut flakes  
Cream of tartar  
Corn starch  
Sugar  
Brown sugar  
Milk chocolate chips  
Hershey's cocoa powder  
White chocolate chips