

shopping list reminder:

Meat & Beans

Beans & Seeds

- Almonds
- Black beans
- Chickpeas/Garbanzos
- Kidney beans
- Lentils
- Peanuts
- Peanut butter
- Pinto beans
- Pumpkin seeds
- Soy beans
- Sunflower seeds
- Tofu
- Walnuts

Fish & Seafood

fresh / frozen / canned

- Cod
- Crab
- Flounder
- Halibut
- Mussels
- Oysters
- Salmon
- Shrimp
- Light tuna
- Tilapia

Poultry

- Chicken breast
- Chicken thigh
- Eggs
- Turkey breast
- Turkey thigh
- Ground turkey
minimum 93% lean

Beef

- 90–95% lean ground beef
- Bottom round roast/steak
- Brisket, flat half
- Eye round roast/steak
- Top sirloin steak

Pork

- Tenderloin
- Boneless loin roast
- Boneless loin chops

Dairy

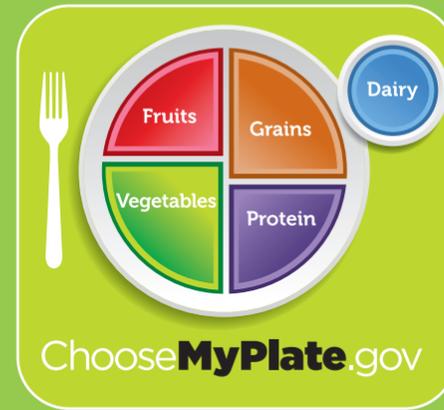
- Reduced-fat:
American cheese
Cheddar cheese
Swiss cheese
- Cottage cheese
2% or Reduced-fat
- Mozzarella, part skim
- Parmesan
- Ricotta cheese
Low-fat or non-fat
- Milk
Fat-free or low-fat
Lactose free
Soy milk
- Yogurt
Fat-free or Low-fat
- Pudding
Fat-free or Low-fat

Oils

- Canola oil
- Corn oil
- Olive oil
- Safflower oil
- Soybean oil
- Sunflower oil

Miscellaneous

- Condiments
- Baking supplies
- Paper products
- Storage boxes, bags, wrap
- Cleaning supplies



Visit ChooseMyPlate.gov

and use the interactive tools to determine your individual calorie needs based on your age, gender, weight, height and physical activity. You will be able to see how many cups or ounces of each food group you need daily. Below is a sample menu for a 2,000 calorie daily food plan.

breakfast

- 1 cup cooked oatmeal
- 2 tablespoons almonds or walnuts
- 2 tablespoons raisins
- 1 cup low fat milk or soy milk
- 1 cup orange juice
- Plain tea or coffee

lunch

- 1 cup vegetable soup
- 2 slices whole wheat bread
- 2 teaspoons mayonnaise
- 2 oz. lean turkey
- 1 1/2 oz. low fat cheese
- Lettuce and tomato
- 1/2 cup baby carrots
- 1 cup grapes
- Water

dinner

- 3 oz. broiled fish
- 1/2 baked potato
- 1 tablespoon sour cream
- 1 cup cooked broccoli
- 2 cups garden salad
- 1 tablespoon salad dressing
- 1/2 cup unsweetened applesauce
- Water

snacks

- 1 cup low fat yogurt
- 3 cups air popped popcorn

• Enjoy your food, but eat less

• Make half your plate fruits & vegetables

• Switch to fat-free or low-fat (1%) milk

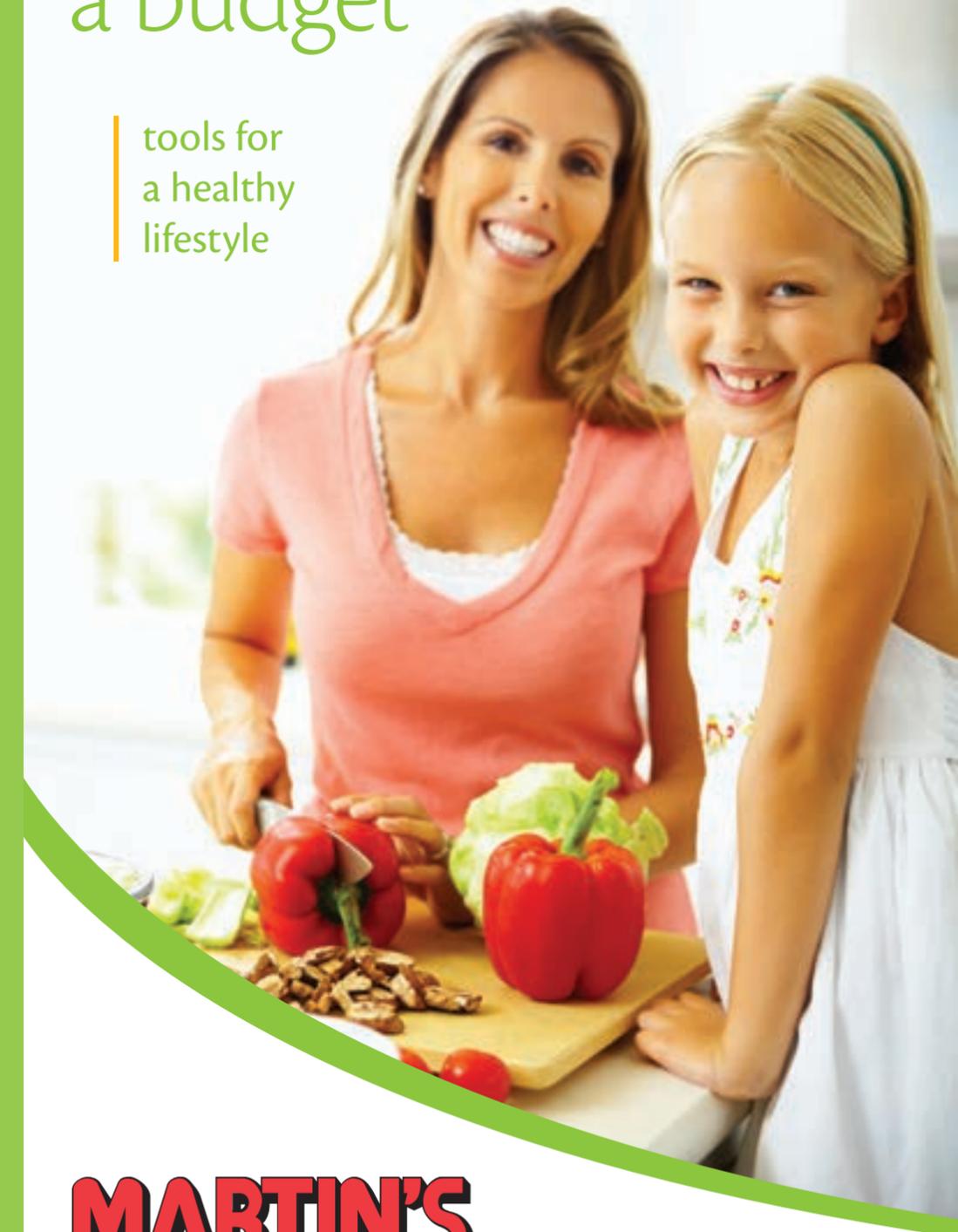
• Make at least half your grains whole grains

• Choose a variety of proteins



eating healthy on a budget

tools for a healthy lifestyle



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if you are looking to make your grocery budget go further, rethink your weekly shopping routine to reflect nutrient quality (not just quantity) of food.



Here are some tips to stretch your food dollars:

Check your refrigerator & pantry

Throw away expired products. Clean and arrange the shelves.

Check your weekly ad

Plan your meals for the week using items that are on sale.

Make a grocery list

Use the shopping list reminder inside to help you plan.

Stock the staples

Keep these items on hand: flour, peanut butter, canned or dried beans, brown rice, pasta, oatmeal, barley, canned tuna and salmon. Low sodium canned tomatoes, sauces, vegetables and fruits are also handy. Frozen plain vegetables are usually low in sodium.

Invest in flavors

Keep a selection of dried herbs, spices, marinades, vinegars, soy sauce and bouillon in your cupboard.

Check your coupon file

Use only the coupons for items that are on your list.

Buy store brands

Look into our Own Brands for all the quality of the national brands at lower prices, guaranteed! Try them, like them, or your money back!



with a little planning,
you can save a lot &
improve your health.

- Buy produce in season when it's priced to sell quickly. Snack on fruits instead of chips and cookies.
- Make your own soup. You can add more veggies and control how much salt is added. A broth-based soup eaten as a first course helps to reduce the amount of food you eat at your meal.
- Reduce portion sizes if you have been trying to lose weight. Include whole grain products which keep you full longer.
- Use less expensive cuts of red meat for casseroles or slow-cook meals. These cuts are often leaner than more expensive, marbled meats.
- Several times a week, replace meat in recipes with inexpensive and nutritious canned or dried beans.
- Drink water and low-fat or non-fat milk instead of more costly beverages.
- Limit dining out—brown bagging saves money and gives you control over the ingredients in your lunch.
- Double the recipe and enjoy leftovers, or freeze the rest for another meal.
- Breads will keep well for several weeks in the freezer. Take out one or two slices as needed. They will thaw quickly and you can toast them to refresh the flavor.
- It takes a bit more work to wash and cut your own vegetables, but remember that you pay for the convenience of pre-cut.



shopping list reminder:

Vegetables

fresh / frozen / canned

- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Celery
- Cucumbers
- Dark greens
kale, Swiss chard, collards
- Dark lettuce
- Eggplant
- Garlic
- Green beans
- Green onion
- Herbs
- Mushrooms
- Onions
- Peas
- Potatoes
- Spinach
- Summer squash
- Sweet corn
- Sweet potatoes
- Tomatoes
- Winter squash
butternut, acorn, hubbard
- Zucchini

Fruits

fresh / frozen / canned

- Avocados
- Apricots
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Dates
- Figs
- Grapes
- Grapefruit
- Kiwi
- Mangos
- Oranges
- Peaches
- Pineapples
- Plums
- Prunes
- Raisins
- Raspberries
- Strawberries
- Watermelon
- 100% fruit juices

Grains

- Barley
whole grain
- Brown rice
- Bulgur/Cracked wheat
- Cereals
less than 10 grams sugar/serving
- Couscous
- Enriched bread
- Oatmeal
- Popcorn
low fat or air popped
- Pretzels
- Tortillas
whole wheat or corn
- Whole grain bread
- Whole grain crackers
- Whole grain cereal
- Whole grain pasta and noodles
- Whole wheat buns/rolls/bagels

Grilled Chicken Wrap

Makes 6 servings • Prep Time: 10 minutes • Cook Time: less than 10 minutes

Ingredients:

1 lb. boneless, skinless chicken breast tenders	2 oz. shredded cheddar cheese
1/3 cup barbeque sauce	2 cups chopped tomatoes
6 large, whole-wheat tortillas	2 cups shredded lettuce

Spray nonstick skillet with cooking spray and saute chicken tenders over medium-high heat about 6 minutes. Pour barbeque sauce over chicken and heat through. Divide cooked chicken, cheese, tomatoes and lettuce among the tortillas, fold and wrap.



Nutrition Information per serving: 290 calories, 7g fat, 3g saturated fat, 55mg cholesterol, 610mg sodium, 31g carbohydrate, 3g fiber, 25g protein.