

# Shopping List for Your 24-Hour Turnaround

I advise you to shop at a natural food store for the majority of your food. Read the labels on everything you buy. Buy organic when you can. Remember, you may think that these products are more expensive, but in the long run the dollars you save by staying healthy will pay off. Besides, there is nothing more important than your health and the health of your family, especially growing children.

## Veggies and Fruit

The one and only “rule” for going food shopping is that you leave the store with more fresh food than packaged food. In other words, the majority of the shopping cart will be filled with fresh veggies and fruits. When you look at your lunch and dinner plate, the same will hold true. Fruits, veggies, or both take up the majority of the space on the plate. So head for the produce and pick your favorites, try a new one, and go for color.

## Soy products

**Soybeans** (edamame) can be found fresh and frozen. They come in a pod (like peas) and require steaming and shelling, an easy and fun thing for kids to do. Soybeans are the only beans that contain more protein than carbs. Edamame are excellent in soups, salads, rice and pasta dishes, or plain.

**Tempeh** is used as a meat substitute. It's great in spaghetti sauce, casseroles, sandwiches, and on rice. I love Lean Green Foods tempeh burgers (especially the ginger teriyaki flavor).

**Tofu** can be purchased in aseptic packages or fresh. I prefer fresh. Firm is easiest to cook with.

**Soy milk** plain and vanilla. Buy the light versions. Vanilla is best in coffee, on cereal and in smoothies.

## Fish, eggs, and nonfat organic dairy

**Fresh salmon and tuna** are usually available. Buy a can of sardines and try one of our sardine recipes.

**Egg whites** are a great fat-free source of protein. Buy free range eggs (from hormone and antibiotic free hens fed a vegetarian diet ) for omelets, egg salad, pancakes, and baking. Buy organic, hormone-free dairy at your market, or health-food store. Try some dairy-free products: Soyco Foods makes a low-fat Veggie Parmesan. But watch the fat content—there are many high-fat food choices at the health food store.

## Frozen foods

**Berries:** strawberries, blueberries, and raspberries (highest in fiber) - great for desserts and smoothies.

**Veggies:** keep on-hand corn, peas, and baby lima beans for a great last minute veggie dishes.

**Veggie burgers:** Amy's California Burgers; Boca Burgers; Gardenburger (low-fat); and Yves hot dogs, ham, and salami substitutes.

**Frozen entrées:** Amy's pizza, lasagna, and assorted entrées; Natural Sea fish sticks; Gloria's Kitchen dinners

## Breads, bagels, tortillas, burger buns, and English muffins

Food for Life (makers of Ezekiel bread) makes the best sprouted-grain (flourless) bread, burger buns, tortillas and 7-grain English muffins. They're high in fiber and protein and low in fat. Check the frozen food section. Alvarado St. Bakery makes sprouted wheat bagels in all flavors. Mana Breads are

sprouted grains with the addition of nuts, seeds and dried fruits. Great for snacks. These selections are the only Definition Diet breads, but you'll love them!

## Cereals and grains

**Low-fat granola:** Back to Nature (several flavors), bulk granola (usually found in bins—look for low fat without added oil or sugar).

**Boxed (prepared) cereals:** Barbara's O's, Star's and Puffins. Boxed cereals are not my favorite, but they are a good transition from Kellogg's to whole grain.

**Oatmeal, nine-grain, and spelt flakes:** Quaker Oats (slow cooking), U.S. Mills, Arrowhead Mills and bulk cereals (found in bins). Spelt flakes look and taste similar to oatmeal, but are considerably higher in protein. They require the same preparation.

**Brown rice, quinoa, barley, rye:** All grains are carried in bulk and many come in packaged side dishes or entrées made by Fantastic Foods, Arrowhead Mills and Lundberg Family Farms.

**Pancake and Waffle Mix:** Arrowhead Mills oat bran mix makes pancakes, waffles and muffins. Mix with egg whites and soy milk (no oil) for a low fat, high fiber breakfast.

## Pasta

Whole durum wheat and whole-grain kamut and spelt pastas are high in fiber and protein, eggless, and low-fat; Eden Foods, Vita Spelt and DeBoles are excellent brands. Annie's macaroni and cheese is Riley's favorite. Westbrae Natural makes a line of ramen noodles.

Pasta sauces: Muir Glen and Amy's.

Other sauces: Ayla's Organics Curry, Szechwan, and Thai.

## Other packaged foods

**Instant soups and rice dinners:** These are easy for lunches and quick snacks. Dr. McDougall's are high in fiber and low in calories and fat. Fantastic Foods makes soups and instant rice meals in a box.

**Tofu entrée mixes:** These easy and quick tofu “helpers” are tasty and healthy. Mori-Nu tofu hero; Hain taco seasoning mix

**Salad dressings:** I love Spectrum low- and nonfat organic dressings. Ayla's Organics makes oil-free dressings in many varieties. Hain Pure Foods makes an Italian and Herb Mix that is a perfect marinade. Fresh salsa is a healthy and tasty topping for salad, rice, veggies and potatoes.

**Jams and jellies (fruit spreads):** Buy all flavors and use on toast, bagels, and pancakes. My favorites are Cascadian Farm and Knudsen.

**Beans:** Check out Bearitos refried and mini cans of bean dip; Westbrae Natural black, pinto, navy. Beans, salsa and a slice of avocado in a corn tortilla are a Definition Diet winner.

**Snacks and desserts:** Mi-Del Graham crackers, San J rice crackers, Guiltless Gourmet chips and bean dips, Santa Cruz applesauce, Imagine Foods puddings, Panda Licorice.

**Vegetable broth:** Use for sautéing instead of oil, or as an excellent base for soups.

**Nut butters:** Try peanut, almond, and cashew butters from Maranatha Natural Foods.

**Teas:** Celestial Seasonings herbal teas are an interesting alternative to water.

**Drinks:** Knudsen Spritzers are the only “soda” that I would give to my kids. All the flavors are good.