

GROCERY LIST

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 and/or to follow nutrition guidelines 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

Other

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

Proteins

- 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
- Canned fish and chicken (packed in water)

Dairy

- Non-fat dry milk or whey protein powder
- Evaporated milk

Extra Pantry Groceries:

GROCERY LIST

REFRIGERATOR AND FREEZER

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

Grains

- Whole grain waffles
- Whole grain breads
- Fruits/Vegetables

Proteins

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

Fats and Oils

- 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:
