



# The 30-Day Realistic Resolution Challenge Shopping List



## Week 1

### Meat & Protein

- Black beans (1 15-oz can)
- Boneless pork loin chops (6 4-oz chops)
- Boneless, skinless chicken breasts (12 oz)
- Firm tofu (1 14-oz package)
- Gorton's Classic Grilled Salmon Fillets (2 6.3-oz packages, or 4 fish fillets)
- Gorton's Signature Grilled Tilapia (2 6.3-oz packages, or 4 fish fillets)
- Ground turkey (16 oz)
- White beans (such as Great Northern or navy) (1 15-oz can)

### Produce

- Baby spinach (1 10-oz package)
- Bibb or Boston lettuce (4-6 leaves)
- Cilantro sprigs (1/2 cup)
- Frozen blend of carrots and snow peas (1 10-oz bag)
- Lime wedges
- Matchstick cut carrots (1/2 cup)
- Mini sweet red peppers (1-3)
- Red onions (2)
- Romaine lettuce (2 cups)
- Small cucumbers (2)
- Tomato (1)

### Dairy

- Butter
- Crumbled Feta cheese (1/4 cup)
- Fat-free plain Greek yogurt (3 cups)
- Grated Romano or Parmesan cheese (6 T)

### Grains

- Whole-grain linguine (12 oz)
- Whole-wheat pitas (4 6-inch pitas)

### Pantry Items

- Brown sugar
- Diced tomatoes with basil, garlic and oregano (2 15-oz cans)
- Dry roasted peanuts
- Honey
- Kalamata olives
- Lemon juice
- Lime vinaigrette (or vinaigrette of your choosing)
- Mexican-style stewed tomatoes (1 15-oz can)
- Olive oil
- Orange juice
- Panko bread crumbs
- Soy sauce
- Stir-fry sauce
- V-8 or tomato juice (1 5.5-oz can)
- Water chestnuts (1 8-oz can)
- Whole kernel corn (1 15-oz can)

### Herbs & Spices

- Chinese five-spice powder
- Fresh dill (2 T)
- Garlic (12-15 cloves)
- Garlic powder
- Ground ginger
- Red pepper flakes
- Salt & pepper
- Taco seasoning mix (1 1.25-oz package)

# The 30-Day Realistic Resolution Challenge Shopping List

## Week 2

### Meat & Protein

- Boneless, skinless chicken breasts (32 oz)
- Eggs (2)
- Flank steak (16 oz)
- Gorton's Classic Grilled Salmon Fillets (1 6.3-oz package, or 2 fish fillets)
- Gorton's Tilapia Signature Grilled Fillets (1 6.3-oz package, or 2 fish fillets)
- Ground turkey (16 oz)
- Black beans (1 15-oz can)

### Produce

- Avocado (1)
- Bell peppers (2)
- Cherry tomatoes (1 ½ cups)
- Eggplant (1 large)
- Frozen broccoli spears (1 10-oz package)
- Jalapeno (1)
- Lime (1)
- Onions (2)
- Romaine lettuce (1 10-oz package)
- Tomatoes (2 large)

### Dairy

- Grated parmesan cheese (for garnish)
- Shredded cheddar cheese (2 cups)

### Grains

- Gluten-free pizza crust mix or gluten-free ready-made pizza crust
- Quinoa (1 cup)

### Pantry Items

- Caesar dressing
- Croutons
- Fat-free mayo
- Lime juice
- Low-sodium cream of mushroom soup (1 10-oz can)
- No salt-added corn (1 15-oz can)
- Olive oil
- Salsa (1/2 cup)
- Seasoned breadcrumbs (1/4 cup)
- Tomato sauce (1 15-oz can)

### Herbs & Spices

- Fresh cilantro (1/4 cup chopped)
- Garlic (2 cloves)
- Garlic powder
- Ground cumin
- Poultry seasoning

# The 30-Day Realistic Resolution Challenge Shopping List

## Week 3

### Meat & Protein

- Black beans (1 15-oz can)
- Boneless, skinless chicken breasts (32 oz)
- Eggs (7)
- Gorton's Classic Grilled Salmon Fillets (1 6.3-oz package, or 2 fish fillets)
- Gorton's Signature Grilled Tilapia fillets (3 6.3-oz packages, or 6 fish fillets)
- Pancetta (8 oz, cubed)
- Pinto beans (1 15-oz can)
- Pork tenderloin (16 oz)
- Round steak (16 oz)

### Produce

- Broccoli florets (4 cups)
- Carrots (6 medium)
- Green bell pepper (1/2 of one)
- Green onions (2)
- Onion (1 large)
- Potatoes (16 oz)

### Dairy

- Feta cheese (4 oz)
- Shredded reduced-fat Cheddar cheese (1/2 cup)
- Shredded Parmesan cheese (1/3 cup)

### Grains

- Corn tortillas (4)
- Rice (4 cups prepared)

### Pantry Items

- Balsamic vinegar
- Beef broth (1 10-oz can)
- Bread crumbs (1/2 cup)
- Brown sugar
- Canola oil
- Cornstarch
- Honey
- Hot sauce
- Instant coffee
- Kalamata olives (4 oz)
- Mustard
- Olive oil
- Roasted red peppers (1 cup, canned)
- Salsa (1 cup)
- Soy sauce
- Unsweetened cocoa powder

### Herbs & Spices

- Chili powder
- Cumin
- Dried rosemary
- Dried tarragon
- Fresh parsley (2 T)
- Garlic (3 heads)
- Garlic powder
- Ground cinnamon
- Ground ginger
- Salt & pepper

# The 30-Day Realistic Resolution Challenge Shopping List

## Week 4&5

### Meat & Protein

- Black beans (1 15-oz can)
- Boneless, skinless chicken breasts (32 oz)
- Egg (1)
- Gorton's Classic Grilled Salmon Fillets (2 6.3-oz packages, or 4 fish fillets)
- Gorton's Signature Grilled Tilapia Fillets (1 6.3-oz package, or 2 fish fillets)
- Italian turkey sausage links (5)
- Pork chops (4)

### Produce

- Apples (4)
- Baby spinach (15 oz)
- Bell peppers (4)
- Carrot (2 large)
- Celery (2 stalks)
- Eggplant (1 large)
- Green onions (6)
- Napa cabbage (1)
- Onions (2)
- Red bell pepper (1)
- Zucchini (1)

### Dairy

- Parmesan cheese (1 cup)
- Part-skim mozzarella cheese (1/2 cup)
- Reduced-fat sour cream (1/4 cup)

### Grains

- Brown rice (2 cups prepared)
- Refrigerated cheese tortellini (1 9-oz package)
- Whole-wheat sandwich or hamburger rolls (4)
- Whole-wheat spaghetti (4 cups cooked)

### Pantry Items

- Apple cider vinegar
- Balsamic vinegar
- Bread crumbs (1/2 cup)
- Natural creamy peanut butter
- No salt-added diced tomatoes (2 15-oz cans)
- Non-stick cooking spray
- Olive oil
- Reduced-sodium chicken broth (4 1/4 cups)
- Reduced-sodium soy sauce
- Rice vinegar
- Salsa (1 cup)
- Salsa verde (1 16-oz jar)
- Sesame oil
- Splenda blend for baking (1/4 cup)
- Sriracha hot sauce
- Sundried tomatoes (1/3 cup)
- Taco seasoning (1 1.25-oz package)
- Tomato sauce (1 cup)
- White flour

### Herbs & Spices

- Cayenne powder
- Dried basil
- Fresh cilantro (1/4 cup)
- Fresh ginger (2 tsp)
- Garlic (10 cloves)
- Garlic powder
- Ground cinnamon
- Ground nutmeg
- Red pepper flakes
- Salt & pepper