

Grocery List

Diet: Renal (Pre-Dialysis)

Bread

Quantity	Grocery Item
4 Each	Bread, White, reduced kcal

Dairy/Refrigerated

Quantity	Grocery Item
4.5 tablespoon	Butter, Light w/no added salt
0.25 Cup	Cheese, Gorgonzola
1.5 Cup	Cheese, Mozzarella Part Skim
0.5 Ounces	Cheese, Parmesan, dry grated - Romano, grated
0.5 Cup	Egg Substitute
1 Each	Egg, Whole
1 cup	Fat Free Half and Half Cream
0.667 Cup	Milk, Lowfat, 1% fat w/added vitamin A

Frozen

Quantity	Grocery Item
12 Ounces	Fish, Halibut, Atlantic & Pacific, raw

Meat

Quantity	Grocery Item
8 Ounces	Beef, Flank Lean Trimmed
8 ounces	Beef, Ground (95% lean)
10 ounces	Chicken, Breast Boneless
2 ounces	Ham, prosciutto
12 ounces	Pork, Tenderloin Lean
3 Ounce	Sausage, Kielbasa
0.75 Pound	Turkey, Ground Raw

Packaged

Quantity	Grocery Item
0.25 cup	Breadcrumbs, Seasoned
3 Tablespoon	Cheese, Parmesan, dry grated, reduced fat
0.333 Tablespoon	Dijon Mustard

1 teaspoon	Flour, Wheat or White, All Purpose
1 Cup	Grain, Rice, White, Long grain, Parboil, enriched, ckd
1 teaspoon	Herb, Rosemary, Dried
0.667 ounces	Lemon Juice, Bottled
3 Tablespoon	Mustard, Dijon
6.333 Teaspoon	Oil, Olive
1.5 Tablespoon	Oil, Vegetable or Olive
0.3 Cup	Pasta, Spaghetti
1 Cup	Rice, Medium Brown
1.5 Cup	Rice, white, cooked, instant
2 tsp	Salt
2.25 cup	Soup, Chicken Broth Low Sodium
1 Teaspoon	Spice, Ancho Chile Powder
3.5 tsp	Spice, Black Pepper
5 teaspoon	Spice, Paprika
0.5 teaspoon	Spice, Red Pepper
1.5 Teaspoon	Sweet, Sugar, granulated, white
16 Oz	Vegetable, Tomatoes, canned, low sodium crushed
17 Tablespoon	Vinegar, balsamic
28 oz	Water

Produce

Quantity	Grocery Item
9 Cup	Fruit, Grapes, raw
6 Fruit	Fruit, Pear Raw
2 Tablespoon	Herb, Basil, fresh
0.18 Cup	Herb, Cilantro Raw
2 Teaspoon	Herb, Garlic, Raw
0.75 Teaspoon	Herb, Oregano, Ground
1 Tablespoon	Herb, Parsley, Raw, Chopped
1 Teaspoon	Spice, Mrs. Dash
124 Ounces	Vegetable, Asparagus Fresh
3 Cup	Vegetable, Beans, String, Green, raw

3 Cup	Vegetable, Carrots
12 Each	Vegetable, Corn on Cob, sm/med, ckd w/o fat or salt
0.25 Cup	Vegetable, Green Onion
1.65 Cup	Vegetable, Onions
1 Tablespoon	Vegetable, Onions, chopped, raw
1 Cup	Vegetable, Onions, Vidalia, raw
0.25 Cup	Vegetable, Onions, Young Green, raw
1 Cup	Vegetable, Pepper, Green
1 Cup	Vegetable, Pepper, Sweet, Red, raw
2 tablespoons	Vegetable, Shallots, peeled, raw
2 Cup	Vegetable, Zucchini, slices