

7-Day Meal Plan to Help Improve Cholesterol Levels

1500-Calorie Shopping List

PANTRY STAPLES

- ☐ Canola oil
- ☐ Extra-virgin olive oil
- ☐ Cooking spray
- ☐ Salt & kosher salt
- ☐ Ground black pepper
- ☐ Honey
- ☐ Red-wine vinegar
- ☐ Granulated sugar

CANNED, BOTTLED & DRY GOODS

- ☐ 1 Tbsp. almond butter
- ☐ 1 (15-ounce) can no-salt-added black beans
- ☐ 2 (15-ounce) cans low-sodium black beans
- ☐ 1 (15-ounce) can chickpeas
- ☐ 1 (15-ounce) can no-salt-added chickpeas
- ☐ 1 (15-ounce) can no-salt-added diced tomatoes
- ☐ ½ 1/2 cup bulgur
- ☐ 2 Tbsp. chopped dates
- ☐ 1/4 cup chopped pecans
- ☐ 1 Tbsp. cider vinegar
- ☐ 1 1/2 cups brown rice
- ☐ 8 corn tortillas
- ☐ 4 tsp. Dijon mustard
- ☐ 1 dash hot sauce
- ☐ 1/2 cup barbecue sauce
- ☐ 1 1/4 cups maple granola
- ☐ 3 Tbsp. mayonnaise
- ☐ 1/4 cup no-salt-added ketchup
- ☐ Olive oil cooking spray
- ☐ 2 Tbsp. pure maple syrup
- ☐ 1/4 tsp. vanilla extract
- ☐ 9 Tbsp. reduced-sodium soy sauce
- ☐ 3 Tbsp. rice vinegar
- ☐ 1 1/2 cups old-fashioned rolled oats
- ☐ 2 tsp. Sriracha
- ☐ 2 Tbsp toasted sesame oil
- ☐ 1 cup unsalted dry-roasted almonds
- ☐ 51 walnut halves
- ☐ 2 cups tortilla chips
- ☐ 2 slices whole-grain bread
- ☐ 8 whole-grain burger buns

DRIED HERBS & SPICES

- ☐ 6 tsp. chili powder
- ☐ 1 3/4 tsp. ground cinnamon
- ☐ 4 tsp. ground cumin
- ☐ 1/4 tsp. dried oregano
- ☐ 1 tsp. garlic powder
- ☐ 1/2 tsp. smoked paprika

DAIRY ITEMS

- ☐ 2 ounces low-fat Swiss cheese
- ☐ 1 3/4 cups low-fat plain Greek yogurt
- ☐ 3 1/2 cups nonfat Greek yogurt
- ☐ 1 (5-ounce) container nonfat plain Greek yogurt
- ☐ 1/2 cup shredded sharp Cheddar cheese

REFRIGERATOR & FREEZER ITEMS

- ☐ 3 large eggs
- ☐ 8 ounces fresh lo mein or linguini noodles
- ☐ 1 cup frozen strawberries
- ☐ 3 Tbsp. hummus
- ☐ 1/4 cup pineapple juice
- ☐ 1/2 cup guacamole
- ☐ 1/2 cup salsa
- ☐ 1 Tbsp. pine nuts

MEAT, POULTRY & FISH

- ☐ 1 pound plus 6 ounces boneless, skinless chicken breasts
- ☐ 1 1/4 pounds chicken tenders
- ☐ 2 slices bacon
- ☐ 3 ounces deli turkey
- ☐ 1 pound skinless salmon fillet
- ☐ 1 pound tuna steak

PRODUCE

- ☐ 2 1/2 cups assorted cherry tomatoes
- ☐ 1 1/2 cups cherry tomatoes
- ☐ 1 large tomato
- ☐ 8 avocados
- ☐ 2 cups bean sprouts
- ☐ 2 2/3 cups blackberries
- ☐ 2/3 cup blueberries
- ☐ 2 large carrots
- ☐ 1 bunch cilantro
- ☐ 1 bunch dill
- ☐ 1 bunch parsley
- ☐ 1 bunch mint
- ☐ 1 bunch oregano
- ☐ 1 cup pineapple
- ☐ 4 medium red bell peppers
- ☐ 1 medium green bell pepper
- ☐ 3 heads romaine lettuce
- ☐ 1 bunch kale
- ☐ 1 bunch scallions
- ☐ 6 mini cucumbers
- ☐ 3 English cucumbers
- ☐ 2 red onions
- ☐ 2 white onions
- ☐ 2 medium yellow onions
- ☐ 1 small onion
- ☐ 1 head garlic
- ☐ 6 lemons
- ☐ 2 limes
- ☐ 1 orange
- ☐ 4 ounces shiitake mushrooms
- ☐ 6 1/2 cups mixed salad greens
- ☐ 2 medium peaches
- ☐ 3 medium pears
- ☐ 6 plums
- ☐ 2 2/3 cups raspberries
- ☐ 1 medium banana
- ☐ 1 shallot
- ☐ 1/2 head red cabbage
- ☐ 8 ounces broccoli florets
- ☐ 1 cup sprouts
- ☐ 1 medium sweet potato
- ☐ 1 pound thin green beans
- ☐ 2 stalks celery

7-Day Meal Plan to Help Improve Cholesterol Levels

2000-Calorie Shopping List

PANTRY STAPLES

- ☐ Canola oil
- ☐ Extra-virgin olive oil
- ☐ Cooking spray
- ☐ Salt & kosher salt
- ☐ Ground black pepper
- ☐ Honey
- ☐ Red-wine vinegar
- ☐ Granulated sugar

CANNED, BOTTLED & DRY GOODS

- ☐ 8 1/2 Tbsp. almond butter
- ☐ 1 (15-ounce) can no-salt-added black beans
- ☐ 2 (15-ounce) cans low-sodium black beans
- ☐ 1 (15-ounce) can chickpeas
- ☐ 1 (15-ounce) can no-salt-added chickpeas
- ☐ 1 (15-ounce) can no-salt-added diced tomatoes
- ☐ ½ 1/2 cup bulgur
- ☐ 2 Tbsp. chopped dates
- ☐ 1/4 cup chopped pecans
- ☐ 1 Tbsp. cider vinegar
- ☐ 1 1/2 cups brown rice
- ☐ 8 corn tortillas
- ☐ 4 tsp. Dijon mustard
- ☐ 1 dash hot sauce
- ☐ 1/2 cup barbecue sauce
- ☐ 1 cup maple granola
- ☐ 3 Tbsp. mayonnaise
- ☐ 1/4 cup no-salt-added ketchup
- ☐ Olive oil cooking spray
- ☐ 2 Tbsp. pure maple syrup
- ☐ 1/4 tsp. vanilla extract
- ☐ 9 Tbsp. reduced-sodium soy sauce
- ☐ 3 Tbsp. rice vinegar
- ☐ 1 1/2 cups old-fashioned rolled oats
- ☐ 2 tsp. Sriracha
- ☐ 2 Tbsp. toasted sesame oil
- ☐ 1 cup unsalted dry-roasted almonds
- ☐ 25 walnut halves
- ☐ 3 cups tortilla chips
- ☐ 6 slices whole-grain bread
- ☐ 1 small whole-wheat baguette
- ☐ 8 whole-grain burger buns

DRIED HERBS & SPICES

- ☐ 6 tsp. chili powder
- ☐ 1 3/4 tsp. ground cinnamon
- ☐ 4 tsp. ground cumin
- ☐ 1/4 tsp. dried oregano
- ☐ 1 tsp. garlic powder
- ☐ 1/2 tsp. smoked paprika
- ☐ 2 tsp. everything bagel seasoning
- ☐ Pinch of celery seed
- ☐ Pinch of flaky sea salt

DAIRY ITEMS

- ☐ 2 ounces low-fat Swiss cheese
- ☐ 1 3/4 cups low-fat plain Greek yogurt
- ☐ 7 cups nonfat Greek yogurt
- ☐ 1 (5-ounce) container nonfat plain Green yogurt
- ☐ 1/2 cup shredded sharp Cheddar cheese
- ☐ 1 1/2 ounces Parmesan cheese

REFRIGERATOR & FREEZER ITEMS

- ☐ 3 large eggs
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- ☐ 1 cup frozen strawberries
- ☐ 3 Tbsp. hummus
- ☐ 1/4 cup pineapple juice
- ☐ 1/2 cup guacamole
- ☐ 1/2 cup salsa
- ☐ 1 Tbsp. pine nuts

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- ☐ 1 1/4 pounds chicken tenders
- ☐ 2 slices bacon
- ☐ 3 ounces deli turkey
- ☐ 1 pound skinless salmon fillet
- ☐ 1 pound tuna steak

PRODUCE

- ☐ 1 1/2 cups assorted cherry tomatoes
- ☐ 3 cups cherry tomatoes
- ☐ 1 large tomato
- ☐ 10 avocados
- ☐ 2 cups bean sprouts
- ☐ 2 cups blackberries
- ☐ 2/3 cup blueberries
- ☐ 3 large carrots
- ☐ 1 bunch cilantro
- ☐ 1 bunch dill
- ☐ 1 bunch parsley
- ☐ 1 bunch mint
- ☐ 1 bunch oregano
- ☐ 1 cup pineapple
- ☐ 4 medium red bell peppers
- ☐ 1 medium green bell pepper
- ☐ 3 heads romaine lettuce
- ☐ 1 bunch kale
- ☐ 1 bunch scallions
- ☐ 6 mini cucumbers
- ☐ 3 English cucumbers
- ☐ 2 red onions
- ☐ 2 white onions
- ☐ 2 medium yellow onions
- ☐ 1 small onion
- ☐ 1 head garlic
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- ☐ 3 medium pears
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- ☐ 5 medium bananas
- ☐ 1 shallot
- ☐ 1 head red cabbage
- ☐ 8 ounces broccoli florets
- ☐ 1 cup sprouts
- ☐ 1 medium sweet potato
- ☐ 1 pound thin green beans
- ☐ 2 stalks celery