

MENOPAUSE MAKEOVER SHOPPING LIST

Once you've determined your food plan, create a shopping list to stock your fridge with everything you need to meet your goals. Check off the foods you need in each category.

PROTEIN

Fish & shellfish

White-meat poultry

Low-fat milk

Low-fat yogurt

Low-fat cottage cheese

Low-fat cheese

Eggs

Egg whites

Beans

Pork tenderloin

Soy

Lean beef

Protein shake

Protein bar

Other

FATS

Nuts (almonds, walnuts, cashews)

Fish (salmon, halibut, flounder, crab, tuna, trout)

Peanuts

Avocado

Olives

Olive oil

Safflower oil

Flaxseed oil

Other

Feed the healthy you.

CARBOHYDRATES

Legumes (kidney beans, lentils, pinto beans, chickpeas)

Fruit (apples, plums, oranges, raisins)

Veggies (broccoli, yams, sweet potato)

Fruit juices without added sugar

Bran cereal

Oatmeal

Oat bran

All-bran

Shredded wheat cereal

Plain yogurt

Skim milk

Soy beverage

Brown rice

Basmati rice

Couscous

Rice cakes

Whole-grain breads

Whole-grain pasta

Rye bread

Other

HIGH-FIBER FOODS

Celery

Apples

Strawberries

Blueberries

Pears

Beans

Lentils

Oatmeal

Oat Bran

Nuts

Rice Bran

Peas

Carrots

Cucumbers

Tomatoes

Zucchini

Whole-wheat breads

Brown rice

Barley

Whole-wheat couscous

Rye

Cabbage

Brussels Sprouts

Cauliflower

Beets

Other

BEVERAGES

Water

Coffee

Red wine

Fruit juices without added sugar

Other

Large dotted-line box for additional beverage information.

SUPPLEMENTS

Calcium/vitamin D

Multivitamin

Omega-3

Other

Large dotted-line box for additional supplement information.

LOW-CALORIE SNACKS

100-calorie cookies

100-calorie Popsicle®

Other

Large dotted-line box for additional low-calorie snack information.

Always carry healthy snacks on the road.

PROTEIN-RICH SNACKS

Protein shakes

Protein bars

Other

Drink an extra glass of water today.