



# Shopping List:

## 7 Day Dysphagia Diet

### Dairy

- 2 ½ cups vanilla soymilk
- 9 ½ cups 1% milk
- 1 cup whole milk & 2 tbsp whole milk
- 4.5 cup nonfat milk
- 3 cups regular Greek yogurt
- 1 ½ cup nonfat plain Greek yogurt
- 1.5 cup non-fat Greek yogurt (flavored)
- ½ Cup 1% milk fat cottage cheese
- ½ package (7oz) soft tofu
- 1 ½ tbsp cream
- 1 ½ cup grated parmesan cheese
- 2 tbsp cream cheese
- 8 eggs
- 1 ½ cup sour cream
- 4oz chocolate pudding
- 3 bottles ensure plus (one vanilla flavored)
- 1 oz goat cheese
- 1 cup vanilla ice cream
- 1/2 cup shredded Monterey jack cheese

### Vegetables

- 6 ½ cups fresh baby spinach
- 1 cup cooked potatoes
- 2 tbsp chopped parsley
- 2 cups of tomatoes, diced
- 1/4 cup spinach, minced
- 1 clove garlic, minced
- 1 jalapeno pepper, finely chopped
- 1 (8 ounce) can tomato sauce
- 1 can (10.75oz) condensed tomato soup
- 3 sweet potato
- 2 ½ onions
- 1 red onion
- 1 cup peeled and cubed butternut squash
- 1 carrots, diced
- 1 stalk celery, chopped
- 2 cloves garlic
- ½ (14.5 ounce) can diced tomatoes

- 1 cup dry lentils
- 5 large potatoes cut into 1-inch pieces
- 1 tablespoon minced fresh ginger
- 2 large avocados, peeled & pit removed
- 3 ½ cups diced zucchini
- ½ cup chopped celery
- 1 cup diced carrots
- ½ cup diced onion
- 2 green onions, sliced
- ½ can (6oz) sliced mushrooms, drained
- 2 cups baby spinach
- 2 heads of garlic
- 1 onion
- 2 leeks
- 1 head cauliflower

### Grains/Starches

- 2 cups cooked whole grain brown rice
- 1 packet of instant oatmeal (maple and brown sugar flavored)
- 1 cup wheat flour
- 5 tablespoon all-purpose flour
- 2 cups cooked whole grain brown rice
- 6 cups cubed french bread
- ½ cup Oats
- 3 ½ oz (1.5 Cups) seasoned breadcrumbs
- 1 slice of toast
- 1 ½ pounds medium Yukon Gold potatoes (4-5 potatoes)

### Meats/Protein:

- ¼ cup lean corned beef brisket
- 3 boneless skinless chicken breasts
- 4 oz smoked salmon
- 1 can (7oz) solid white tuna, drained
- 1 can (6.5oz) water packed tuna
- 3 skinless, boneless chicken breast halves
- 1lb beef chuck roast
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### **Fruits**

- 3½ bananas
- ½ cup canned peaches
- 1 cup dark raisins
- 3 cups calcium fortified orange juice
- ¼ Cup frozen mango
- ¼ Cup frozen papaya
- ¼ cup frozen pineapple
- 1 ¼ cup frozen strawberries
- Splash of pineapple juice
- 6 bananas, cut into bite sized pieces
- ½ frozen banana
- 1 (12 oz) can apricot nectar, chilled
- 2 pints raspberries
- 1 cup pomegranate Juice
- ¼ cup unsweetened applesauce

### **Miscellaneous:**

- 2 cups maple syrup or honey
- ¼ tsp canola oil
- 8 cups low sodium chicken broth
- ½ (10.5oz) can condensed beef broth
- 1 ½ tsp olive oil
- black pepper
- salt
- 11 tbsp unsalted butter
- 3 ½ tsp ground cinnamon
- 1 tablespoon lemon juice
- 4 teaspoons ground cumin
- 1 1/8 teaspoon ground cinnamon
- 2 1/8 teaspoons cayenne pepper
- 4 long skewers
- 2 teaspoons paprika
- 2 tbsp peanut butter
- 1 cup + 1tsp margarine
- 4.5 tbsp extra-virgin olive oil
- 3 tablespoons vegetable oil
- 3 cubes chicken bouillon
- 1/8 teaspoon dried marjoram

- ¾ cup white sugar
- 2 teaspoons baking powder
- 1/2 teaspoon dried oregano
- 1/2 bay leaf
- 1/2 teaspoon dried basil
- 1 tablespoon vinegar
- 1 tbsp capers, drained
- 1 tsp white horseradish
- 1 dill to taste
- 1 ¾ tsp vanilla extract
- lemon juice to taste
- 2 tablespoons slivered almonds
- 2 scoops protein powder
- 1 cup dark raisins chopped in food processor
- ¼ cup creamy salad dressing (eg, miracle whip)
- 1 tbsp sweet pickle relish
- 1 (16oz can) pumpkin puree
- 1 cup brown sugar
- ½ cup raisins
- 2 cans condensed cream of mushroom soup
- ¾ cup dry white wine
- ½ tsp mustard
- 6 oz pasta sauce
- 2 tsp honey
- ½ Cup crushed ice
- Powdered thickener
- Dried or fresh rosemary
- 4 cups low-sodium vegetable broth
- Freshly grated nutmeg
- 1 can (10oz) cream of asparagus soup
- 3 tbsp dark brown sugar
- 2 ½ tsp rum