

Lower Cholesterol Grocery List

Bread/Grains	Meat	Beverages	Dairy
<input type="checkbox"/> bagels	<input type="checkbox"/> chicken	<input type="checkbox"/> coffee	<input type="checkbox"/> margarine
<input type="checkbox"/> brown/wild rice	<input type="checkbox"/> pork tenderloin	<input type="checkbox"/> 100% juice	<input type="checkbox"/> skim milk
<input type="checkbox"/> chickpeas	<input type="checkbox"/> tempeh	<input type="checkbox"/> tea	<input type="checkbox"/> low-fat sour cream
<input type="checkbox"/> oatmeal	<input type="checkbox"/> tofu	<input type="checkbox"/> water	<input type="checkbox"/> low-fat yogurt
<input type="checkbox"/> quinoa	<input type="checkbox"/> tuna (canned)	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> rice	<input type="checkbox"/> turkey	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> whole wheat bread	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> whole wheat pasta	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Snacks	Frozen	Cans/Jars	Fruits/Veggies
<input type="checkbox"/> dark chocolate	<input type="checkbox"/> frozen berries	<input type="checkbox"/> artichoke hearts	<input type="checkbox"/> apples
<input type="checkbox"/> graham crackers	<input type="checkbox"/> frozen vegetables	<input type="checkbox"/> beans	<input type="checkbox"/> asparagus
<input type="checkbox"/> dried fruit	<input type="checkbox"/> sorbet	<input type="checkbox"/> canned fruit/veggies	<input type="checkbox"/> avocado
<input type="checkbox"/> nuts	<input type="checkbox"/>	<input type="checkbox"/> low-fat salad dressing	<input type="checkbox"/> bananas
<input type="checkbox"/> peanut butter	<input type="checkbox"/>	<input type="checkbox"/> low-sodium soy sauce	<input type="checkbox"/> berries
<input type="checkbox"/> popcorn	<input type="checkbox"/>	<input type="checkbox"/> olive oil	<input type="checkbox"/> beans
<input type="checkbox"/> seeds	<input type="checkbox"/>	<input type="checkbox"/> salsa	<input type="checkbox"/> broccoli
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> applesauce	<input type="checkbox"/> melons
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> carrots
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> celery
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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