

GROCERY LIST

Eat Your Veggies!

- Lettuce
- Spinach
- Carrots
- Cucumbers
- Tomatoes
- Asparagus
- Green Beans
- Peppers
- Onion
- Zucchini
- Squash
- Mushrooms
- Brussels Sprouts
- Avocado
- Sweet Potato
- _____
- _____
- _____

Brr It's Cold!

- VitaTop Muffins
- Frozen Fruit (no sugar)
- Vegetable Steamers
- Morningstar Chicken Patties
- Frozen Shrimp
- _____
- _____
- _____

Moo Moo!

- Plain Greek Yogurt
- Low-Fat Cottage Cheese
- Low-Fat Cheese
- Eggs
- Fat Free Cream Cheese
- Skim Milk
- _____
- _____
- _____

Sweet as Sugar

- Berries
- Bananas
- Apples
- Grapes
- Kiwis
- Pears
- Peaches
- Plums
- _____
- _____
- _____

Heart-Healthy

- Whole Wheat English Muffins
- Whole Wheat 45 Cal Bread
- Whole Wheat Pita Bread
- Whole Wheat Tortillas
- Brown Rice
- Whole Wheat Pasta
- Whole Grain Crackers
- Rice Cakes
- Oatmeal
- Whole-Grain Cereal
- Quinoa
- _____
- _____
- _____

Drink Up!

- Sparkling Water
- La Croix
- Coffee
- Almond Milk
- Tomato Juice
- Wine
- _____
- _____
- _____

Protein Packed

- Chicken Breast
- Lean Ground Turkey
- Sliced Turkey
- Applegate Farms Sausage
- Salmon
- Shrimp
- Mahi Mahi
- Halibut
- _____
- _____
- _____

Store Away

- Soup
- Beans
- Tuna
- Pasta Sauce
- Tomatoes
- Chicken Broth
- Salsa
- Canned Vegetables
- _____
- _____
- _____

Add, Stir, Mix, Toss

- Balsamic Vinegar
- EVOO
- Mustard
- Ground Cinammon
- Low-Sodium Soy Sauce
- Low-Sodium Teriyaki Sauce
- Honey
- Salt
- Pepper
- Other Spices
- _____
- _____
- _____