

MEAL PLAN GROCERY LIST

Skip the nine-items-or-less aisle

PRODUCE

- Apples 2
- Bananas 3
- Pears 2
- Spinach 1 small bag
- Onion 1 medium
- Celery 1 package
- Potatoes 3 large
- Frozen green beans 1 package
- Orange juice 2-quart carton

BAKERY

- Whole wheat tortillas 1 package
- Whole wheat dinner rolls 1 package
- Whole grain frozen French toast 1 box

MEATS/POULTRY/SEAFOOD

- Thinly sliced lean deli turkey 4 oz
- Cod or flounder fillets 10 oz
- 95 percent lean ground beef 1 lb
- Round steak $\frac{1}{4}$ lb

DAIRY, EGGS AND BUTTER


- Light sour cream 8 oz
- Reduced-fat shredded cheddar cheese 8 oz
- Eggs 12

NUTS, SEEDS, OILS AND SNACKS

- Ground flaxseed (vacuum packed) 1 bag
- Almonds 1 package
- Mixed nuts 1 package
- Dried mixed fruit 1 container
- Balsamic dressing 1 bottle

CANNED GOODS

- Tuna 1 (6 oz) can
- Black beans 1 (16 oz) can
- Fat-free bean dip 1 can
- Juice-packed peach halves 2 (15 oz) cans
- Corn 1 small can
- Tomato soup, condensed 2 cans
- Beef broth 1 can
- Enova oil 1 bottle
- Light ranch salad dressing 1 bottle
- Light pancake syrup 1 bottle
- Graham crackers 1 box
- 120-calorie cereal bars 1 box
- Light tortilla chips 1 package



Take this list with you and don't be afraid of spending a little time in the grocery store.