

MEAL PLAN GROCERY LIST

Skip the nine-items-or-less aisle

PRODUCE

- Apples 4
- Bananas 7
- Oranges 2
- Pear 1
- Red bell peppers 2
- Green bell peppers 2
- Spinach 1 small bag
- Green onions 1 bunch
- Onion 1 small
- Potatoes 2 medium
- Frozen English peas 1 small box
- Frozen white corn 1 small bag

BAKERY

- Whole wheat bagels 6
- Whole wheat wraps 1 pkg
- Whole wheat rolls 1 pkg
- Whole grain frozen waffles 1 box
- Angel food cake 1

MEATS/POULTRY/SEAFOOD

- Thinly sliced lean deli roast beef 13 oz
- Lean deli turkey 4 oz
- Ground turkey breast 3/4 lb
- Frozen, cooked chicken breast strips 6 oz

DAIRY

- Light cream cheese 1 pkg
- Fat-free whipped topping 1 tub or aerosol can

PACKAGED AND CANNED GOODS

- Tuna 2 (6 oz) cans
- White beans 1 (16 oz) can
- Canned, juice-packed peach halves 2 cans
- Canned, juice-packed pineapple chunks 1 can
- Enova oil 1 bottle