

# MEAL PLAN GROCERY LIST

Skip the nine-items-or-less aisle

## BAKERY

- Whole wheat tortilla wrap

## BEVERAGES

- Apple juice
- Filtered water
- Lemon juice
- Lime juice
- Soy milk

## CANNED AND PACKAGED GOODS AND CEREALS

- Applesauce
- Chickpeas
- Large-flake oats
- Slow-cooking oats
- Wasa Fiber Crisp Bread
- Whole wheat spaghetti

## CONDIMENTS, FLAVOURINGS, SPICES AND SEASONINGS

- Balsamic vinegar (such as Progresso)
- Cocoa powder, unsweetened
- Deli mustard
- Dijon mustard
- Flaxseed
- Ground cinnamon
- Honey
- Light soy sauce
- Maple syrup
- Prepared pesto sauce
- Tahini

## DAIRY AND EGGS

- Cheddar or Colby cheese, low-fat
- Cottage cheese, low-fat, plain
- Cottage cheese, 2% fat
- Egg whites
- Yogurt, low-fat, plain

## MEATS, POULTRY, FISH AND SEAFOOD

- Albacore tuna, canned in water
- Grilled chicken breast
- Oven-roasted turkey breast
- Salmon fillet, raw

## NUTS, OILS, SEEDS AND SNACKS

- Dried pine nuts
- Dried walnuts, chopped
- Extra-virgin olive oil
- Flaxseed oil
- Raisins
- Sesame oil

## PRODUCE

- Asparagus
- Avocado
- Bananas
- Broccoli florets
- Garlic
- Mango, sliced
- Mushrooms
- Onion, chopped
- Raw veggies (carrots, celery, cucumber)
- Red or green pepper, sliced
- Spinach, raw
- Spring onion, raw, chopped
- Strawberries
- Tomato

## SPORT AND DIET NUTRITIONALS

- Protein powder
- Soy, ground
- Silken tofu, light, extra-firm

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