

MEAL PLAN GROCERY LIST

Skip the nine-items-or-less aisle

BAKERY

- Whole wheat English muffins
- Whole wheat hamburger bun
- Whole wheat tortillas

CANNED AND PACKAGED GOODS

- Bean soup
- Brown rice
- Diced tomatoes,
- Peanut butter
- Pumpkin, solid-packed
- Vegetarian refried beans
- White tuna, water-packed
- Whole wheat pasta

CONDIMENTS, FLAVOURINGS, SPICES AND SEASONINGS

- Dill pickle chips
- Low-fat mayo
- Low-fat salad dressing
- Powdered sugar
- Salsa
- Cinnamon
- Nutmeg
- Steak rub spices

DAIRY AND EGGS

- Large eggs
- Low-fat cheese
- Low-fat sour cream
- Nonfat milk
- Plain low-fat yogurt
- Shredded low-fat cheddar cheese

FROZEN FOODS

- Frozen green beans
- Frozen seasoned precooked chicken breast strips

- Frozen seasoned salmon fillet
- Frozen unsweetened blueberries
- Frozen unsweetened peaches
- Frozen whole grain waffles

MEATS AND POULTRY

- Canadian bacon
- Deli turkey
- Sirloin steak, 3/4 inch thick

NUTS, OILS, SEEDS AND SNACKS

- Baked tortilla chips
- Chopped almonds
- Whole wheat crackers

PRODUCE

- Apple
- Bananas
- Bell pepper, diced
- Cabbage and carrot
- Cucumber, diced
- Lettuce
- Onion, chopped
- Orange
- Pear
- Potato
- Tomatoes
- Zucchini squash

SPORT AND DIET NUTRITIONALS

- Whey protein powder

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