

# MEAL PLAN GROCERY LIST

Skip the nine-items-or-less aisle

## BAKERY

- Whole wheat bread
- Whole wheat roll

## CANNED AND PACKAGED GOODS AND CEREALS

- Brown rice
- Black beans, canned
- Herb bread stuffing mix
- Instant tomato soup
- Light cranberry juice cocktail
- Low-fat granola
- Nonfat dry milk powder
- Peanut butter
- Salsa
- Shredded wheat
- Sodium-reduced chicken broth
- Vanilla wafers
- Whole wheat rotini or corkscrew pasta
- Water-packed tuna

## CONDIMENTS, FLAVOURINGS, SPICES AND SEASONINGS

- Cinnamon
- Dijon mustard
- Honey
- Light Italian dressing
- Light mayonnaise
- Margarine
- Pepper
- Salt
- Sugar-free chocolate syrup
- Vegetable oil

## DAIRY AND EGGS

- Large whole eggs
- Light vanilla yogurt
- Low-fat cheese
- Low-fat sour cream
- Nonfat milk
- Shredded low-fat cheddar cheese

## FROZEN PRODUCE

- Blueberries

## MEATS, POULTRY AND SEAFOOD

- Boneless pork loin chop, 1/2 inch thick
- Frozen turkey breast
- Lean deli ham
- Lean deli roast beef
- Shrimp

## NUTS, OILS, SEEDS AND SNACKS

- Baked tortilla chips
- Almonds, chopped
- Walnuts, chopped

## PRODUCE

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Grapes
- Green beans
- Green bell pepper
- Lettuce
- Onion
- Orange
- Pear
- Plum
- Potato
- Raisins
- Red bell pepper
- Spinach, raw
- Tomatoes
- Yellow squash

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