

# MEAL PLAN GROCERY LIST

Skip the nine-items-or-less aisle

## BAKERY

- Whole wheat bagel
- Whole wheat crackers
- Whole wheat dinner roll
- Whole wheat hamburger bun

## CANNED AND PACKAGED GOODS AND CEREALS

- Fat-free, sodium-reduced chunky chicken noodle soup
- Italian diced canned tomatoes
- Juice-packed canned peaches, pears or applesauce
- Low-fat vegetable and barley soup
- Natural peanut butter
- Orange juice
- Protein powder
- Quick-cooking brown rice
- Raisins
- Sliced black olives
- Whole wheat spaghetti

## CONDIMENTS, FLAVOURINGS, SPICES AND SEASONINGS

- Balsamic vinaigrette
- Dried oregano
- Low-fat ranch dressing
- Vanilla extract

## DAIRY AND EGGS

- Fresh mozzarella cheese
- Grated Parmesan cheese
- Large eggs
- Light vanilla yogurt
- Low-fat feta cheese
- Mozzarella cheese stick
- Nonfat milk
- Nonfat cheese slices
- Nonfat sour cream

## FROZEN FOODS

- Frozen blueberries
- Frozen broccoli
- Frozen fish fillets
- Frozen seasoned beef strips
- Frozen strawberries
- Frozen whole grain pancakes

## MEATS, POULTRY AND SEAFOOD

- Lean deli ham
- Lean ground turkey

## NUTS, OILS, SEEDS AND SNACKS

- Extra-virgin olive oil
- 100-calorie pkg almonds
- 100-calorie pkg pretzels

## PRODUCE

- Apple
- Baby carrots
- Bagged romaine lettuce
- Bagged spinach
- Bananas
- Cucumber
- Green bell pepper
- Onion
- Orange
- Pear
- Potato
- Sliced fresh mushrooms
- Tomato

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