

MEAL PLAN GROCERY LIST

Skip the nine-items-or-less aisle

BAKERY

- Rolled oats
- Whole wheat bread
- Whole wheat buns
- Whole wheat crackers
- Whole wheat tortillas

CANNED AND PACKAGED GOODS AND CEREALS

- Black olives, sliced
- Boil-in-a-bag brown rice
- Crushed pineapple, juice-packed
- No-sugar-added orange all-fruit spread
- Orange juice
- Organic almond butter
- Protein powder
- Reduced-fat pasta sauce
- Tuna, water-packed

CONDIMENTS, FLAVOURINGS, AND SEASONINGS

- Balsamic vinaigrette
- Dijon mustard
- Mustard

DAIRY AND EGGS

- Eggs
- Fresh part-skim mozzarella cheese
- Low-fat cheddar cheese
- Nonfat milk
- Plain, low-fat yogurt

FROZEN FOODS

- Blueberries
- Broccoli
- Green beans

MEATS, POULTRY AND SEAFOOD

- Cooked shrimp
- Extra-lean ground beef
- Fresh deli roast beef
- Skinless, boneless chicken breasts

NUTS AND OILS

- Almonds
- Extra-virgin olive oil

PRODUCE

- Apple
- Bananas
- Bell pepper
- Carrot
- Celery stalk
- Cucumber
- Mushrooms
- Onion
- Oranges
- Pear
- Potato
- Romaine lettuce
- Strawberries
- Tomato

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