

MEAL PLAN GROCERY LIST

Skip the nine-items-or-less aisle

BAKERY AND CEREALS

- Fiber One cereal
- Shredded Wheat
- Whole wheat bread
- Whole wheat pita bread
- Whole wheat roll

CANNED AND PACKAGED FOODS

- Orange juice
- Peanut butter
- Protein powder
- Tomato sauce, sodium-reduced
- Tomato soup, low-sodium

CONDIMENTS AND FLAVOURINGS

- Dijon mustard
- Honey
- Lime juice
- Red wine vinegar
- Worcestershire sauce

DAIRY

- Cheddar cheese, low-fat
- Chocolate milk, low-fat
- Swiss cheese, low-fat
- Milk, fat-free
- Mozzarella cheese, fresh
- Yogurt, plain and nonfat

FROZEN FOODS

- Broccoli

MEATS, POULTRY AND SEAFOOD

- Chicken breast, boneless and skinless
- Ham, lean
- Shrimp, cooked (from supermarket seafood counter)
- Sirloin steak, boneless
- Tuna steak
- Turkey breast, deli

NUTS, OILS AND SNACKS

- Almonds
- Extra-virgin olive oil
- Walnuts
- Whole wheat crackers

PRODUCE

- Avocado
- Baby carrots
- Blueberries
- Cantaloupe
- Celery
- Cucumber
- Grapes
- Green bell pepper
- Lettuce
- Mango
- Papaya
- Peaches
- Potato, medium
- Red onion
- Spinach
- Strawberries
- Summer squash
- Tomatoes
- Watermelon

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