

# MEAL PLAN GROCERY LIST

Skip the nine-items-or-less aisle

## BAKERY AND CEREALS

- Oat-flake cereal
- Oatmeal
- Whole wheat bagel
- Whole wheat bread
- Whole wheat crackers
- Whole wheat pasta

## CANNED AND PACKAGED FOODS

- Canned black beans
- Canned chickpeas or garbanzo beans
- Canned Italian-style stewed tomatoes
- Dried cranberries
- Dried figs
- Low-sodium beef broth
- Low-sodium vegetable juice (like V8)
- Orange juice
- Protein powder
- Quick-cooking rice
- Raisins
- Water-packed white tuna

## CONDIMENTS, FLAVORINGS AND SEASONINGS

- All-fruit spread
- Balsamic vinegar
- Dijon mustard
- Honey

## DAIRY AND DELI

- Chocolate milk, 1% low-fat
- Cottage cheese, low-fat
- Deli roast beef, lean
- Eggs, raw
- Hard-boiled egg (from deli)
- Milk, fat-free

- Mozzarella cheese, fresh
- Yogurt, plain nonfat

## FROZEN FOODS

- Broccoli, corn and red bell pepper mix
- Brussels sprouts

## MEATS, POULTRY AND SEAFOOD

- Chicken breast, boneless and skinless
- Fillet of sole
- Pork loin chop

## NUTS, OILS AND SNACKS

- Almonds
- Extra-virgin olive oil
- Walnuts

## PRODUCE

- Apple, red
- Apricots
- Bananas
- Cabbage, bagged and shredded
- Carrots
- Celery
- Grapefruit sections
- Mushrooms
- Onion
- Orange
- Pear
- Plum
- Red bell pepper
- Spinach
- Sweet potato
- Tangerine

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