

MEAL PLAN GROCERY LIST

Skip the nine-items-or-less aisle

BAKERY AND CEREALS

- Whole grain hot dog bun
- Whole wheat bagel
- Whole wheat bread
- Whole wheat pita pocket

CANNED AND PACKAGED FOODS

- Black bean soup, sodium-reduced
- Black olives
- Bran cereal (Fiber One, All Bran or Bran Buds)
- Brown rice, quick-cooking
- Cranberries, dried
- Hummus
- Orange juice
- Pineapple juice, unsweetened
- Raisins
- Salmon, water-packed
- Tomatoes, canned, Italian-style, no salt added
- Tomato sauce, no salt added
- Whey protein powder
- Whole wheat spaghetti noodles

CONDIMENTS, FLAVOURINGS, AND SEASONINGS

- Balsamic vinegar
- Capers
- Cinnamon
- Mayonnaise, light

DAIRY AND EGGS

- Chocolate milk, low-fat
- Cottage cheese, low-fat
- Feta cheese, low-fat
- Milk, non-fat
- Mozzarella cheese, partly skim, shredded
- Parmesan cheese
- Yogurt, plain, non-fat

FROZEN FOODS

- Broccoli
- Cranberries, unsweetened
- Raspberries, unsweetened

MEATS, POULTRY AND SEAFOOD

- Deli chicken breast, skinless
- Deli turkey
- Eggs
- Halibut fillet
- Sirloin steak
- Turkey bacon
- Turkey, ground, lean

NUTS AND OILS

- Almonds
- Natural almond butter
- Olive oil, extra-virgin
- Sunflower seed kernels
- Walnuts

PRODUCE

- Apple
- Asparagus
- Avocado
- Baby carrots
- Banana
- Cabbage, shredded
- Carrots, shredded
- Celery
- Cucumber
- Garlic
- Green beans
- Green bell pepper
- Mushrooms
- Mushrooms, sliced
- Onion
- Orange
- Pear
- Red bell pepper
- Red grapes
- Romaine lettuce
- Spinach
- Sweet potato
- Tomatoes

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