

# MEAL PLAN GROCERY LIST

Skip the nine items or less aisle

## PRODUCE

- Apples 2  
(7 more for the MaxFit Snack)
- Bananas 7  
(For gain/maintain if having the MaxFit Snack)
- Watermelon 1
- Oranges 2
- Grapefruit 1
- Strawberries 1 pint
- Grapes 1/2 lb
- Lemon 1
- Baked potato 2 (5 oz)
- Avocado 1
- Green zucchini 1
- Yellow zucchini 1
- Plum tomato 1
- Cucumber 1 large
- Romaine lettuce 1 head
- Leaf Lettuce 1 head
- Garlic 1 head
- Onions 2
- Broccoli 1 bunch
- Baby Carrots 1 large bag
- Button Mushrooms 1 bunch

## BAKERY

- Whole wheat wraps 2 bags

## MEATS & ALTERNATIVES

- Sliced turkey 1 lb
- Sliced ham 1/2 lb
- Pork chops 2 (6 oz)
- Almonds 1 bag
- Premade Turkey Meatballs 1 bag
- Eggs 2 cartons

## DAIRY

- Artificially sweetened yogurt 7  
(If having the MaxFit Snack or more if choosing for breakfast)
- Reduced-fat shredded cheese 1 bag  
(5 g fat or less per oz)
- Skim Milk 1 large carton
- Mozzarella string-cheese sticks 1 package
- Parmesan cheese 1 container



## HEALTH FOOD

- Protein bar (200 calories) Up to 7  
(Gain only)

## PACKAGED AND CAN GOODS

- Alaskan canned salmon in water 2 (7 oz) cans
- Sliced button mushrooms 1 (8 oz) can
- Pineapple in its own juice 2 (16 oz) cans
- Vegetable soup 2 (16 oz) cans
- Kosher salt 1 box
- Red hot pepper 1 container
- Garlic powder 1 container
- Pepper 1 container
- Reduced-fat popcorn 4 bags (1 box)
- Whole wheat pasta 1 bag

## DRIED GOODS

- Cereal (5 g of fiber or more) 1 box
- Fruit and nut granola 1 box
- Kashi TLC Original 7 Grain crackers 1 box
- Nature Valley Granola Bars 1 box

## CONDIMENTS

- LITE/reduced-fat Caesar dressing 1 bottle
- Taco seasonings mix 1 bag
- Mayonnaise 1 jar
- Dijon mustard 1 bottle
- Tomato sauce 1 jar
- Ketchup 1 bottle
- Trans-fat-free margarine spread 1 container
- Salsa 1 jar
- Olive oil 1 container
- BBQ sauce 1 container
- Balsamic vinegar 1 bottle
- Peanut butter 1 container

## BEVERAGES

- Seltzer water 6 pack
- Coffee 1 jar
- Tea 1 box