

Grocery List

Fresh, Canned Fruit

- Apple
- Bananas
- Oranges
- Grapes
- Strawberries
- Raspberries
- Pears
- Melon (watermelon, cantelope)
- Plums
- Nectarines
- Lemon/lime
- Peaches
- Other _____
- Other _____

Fresh, Canned, Frozen Vegetables

- Asparagus
- Broccoli
- Carrots
- Celery
- Corn
- Potatoes
- Lettuce
- Spinach
- Green beans
- Squash
- Celery
- Onions
- Peas
- Bell peppers
- Cabbage
- Greens (collard/mustard/ turnip)
- Sweet Potatoes
- Other _____

Breads/Cereal

- 100% whole wheat bread
- Bagels
- Frozen whole grain waffles
- Pretzels
- Low fat Tortillas
- Dry Cereal
- Crackers
- Other _____
- Other _____

Pasta /Beans /Rice

- Brown rice
- Dry Beans and peas
- Pasta
- Other _____
- Other _____

Dairy

- Lowfat /Fat Free Milk
- Yogurt
- Cottage Cheese
- Low fat Cheese
- Sour cream
- Eggs
- Other _____
- Other _____

Meat /Poultry

- Lean Beef
- Lean Ground Beef
- Ground turkey
- Chicken
- Fish/ Shell Fish
- Turkey
- Tuna (packed in water)
- Other _____
- Other _____

Misc Snacks/Beverages

- Frozen Juice Bars
- Sorbet
- Popcorn
- Pretzels
- Water
- 100% fruit Juice
- Other _____
- Other _____

Miscellaneous

- Low-fat or non-fat Dressing
- Catsup
- Mustard
- Jam/Jelly
- Salsa
- Other _____