Grocery List

Vegetables and Fruit

- ❒ Apples
- ❒ Oranges
- ❒ Bananas
- ❒ Carrots
- ❒ Broccoli
- ❒ Lettuce
- ❒ Tomatoes
- ❒ Cucumbers
- ❒ Peppers
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____

Meat and Alternatives

- ❒ Eggs
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____

Grain Products

- ❒ Whole-Wheat/Grain Bread
- ❒ Whole-Wheat/Grain Pita
- ❒ Whole-Wheat Wraps
- ❒ Brown Rice
- ❒ Cereal
- ❒ Oatmeal
- ❒ Whole Wheat Flour
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____

Milk and Alternatives

- ❒ Milk
- ❒ Yogurt
- ❒ Low fat cheese (<20% MF)
- ❒ Cottage Cheese
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____

Inner Aisles

- ❒ Canned Fruit
- ❒ Frozen Vegetables
- ❒ 100% Fruit Juice
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____

- ❒ Peanut Butter
- ❒ Beans
- ❒ Legumes
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____

- ❒ Crackers
- ❒ Whole Grain Spaghetti
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____

Other Foods

- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____