

shopping

my shopping list



With food in your stomach and list in hand, you are on your way to shop wisely.

FRUITS AND VEGETABLES

Fresh fruit _____ Canned fruit in it's own juice _____
Dried fruit _____
Fresh vegetables _____ Frozen vegetables _____
Canned vegetables _____

DAIRY

Milk _____
Yogurt _____
Soft cheese _____
Hard cheese _____
Slice cheese _____

PROTEIN FOODS

Boneless chicken breast _____
Lean ground beef _____
Vegetarian burgers _____
Sliced turkey/ham _____
Eggs _____
Peanut butter _____
Soup _____
Tuna fish _____

GRAIN FOODS

Bagels _____ Bread _____
English muffins _____
Rice _____
Pasta _____
Hot cereal _____
Cold cereal _____

CONDIMENTS AND SAUCES

Salsa _____	Soy sauce _____	Spaghetti sauce _____
Mustard _____	Catsup _____	Seasonings _____
Sugar _____	Flour _____	Jams/jellies _____
Vinegar _____	Olive oil _____	Other _____