

## Sample Shopping List

Vegetables		Protein Foods		
□ Lettuce		Chicken breasts		
☐ Tomatoes		Egg beaters		
□ Carrots		Sliced	turkey	
□		Pork loin		
□ Broccoli				
☐ Peppers				
		Other Ite	ms	
		Salsa		
		☐ Garlio		
		Humm	ius	
Grains and Starchy Foods				
☐ Black beans				
100 percent whole wheat bread				
100 percent cornmeal tortillas				
		<del>-</del>		
Dairy  Low-fat cheddar  Skim milk	Fruit  oranges  Apples		Drinks  ☐ Tea ☐ Sparkling water	
Plain nonfat yogurt	Strawberries			
	Lemons			



## **Shopping List**

Vegetables		Protein F	oods	
		Other Ite	ms	
C				
Grains and Starchy Foods				
Dairy	Fruit		Drinks	
	∐			