

Grocery List

Fresh Fruit

- Banana – 1 medium
- Blackberries – 1 small container
- Blueberries – 1 small container
- Peach - 1
- Raspberries – 1 small container
- Strawberries – 1 quart (enough for 2 ½ cups of whole strawberries)
- Tomato – 1 medium

Fresh Vegetables

- Fresh basil – 1 bunch or pack
- Romaine lettuce – 1 head or 1 bag of pre-shredded
- Cucumber – 1 small
- Fresh Green beans – at least 1 ½ cups worth

Meat, Poultry, Fish

- Chicken drumsticks - 8

Dairy and Eggs

- Artificially flavored yogurt – 2 cups
- Reduced-fat garlic and herb cream cheese – 1 small container
- Skim milk – 1 pint
- Sliced provolone cheese – 1 slice

Grains/Bread

- Brown and wild rice mix
- Fat-free water crackers – 1 small box
- Grape-nut-style cereal, preferably with raisins and almonds – 1 box
- Whole wheat English muffins – 1 package
- Whole wheat pita bread – 1 package

Condiments, Seasonings, Baking Needs

- Artificial sweetener packets (choose the brand you prefer)
- Fat-free ranch dressing
- Ground cinnamon
- Light soy sauce
- Lime juice – 1 small bottle or 1 fresh lime
- Molasses
- Unsalted natural peanut butter
- Trans-free margarine

Miscellaneous

- Coffee or tea (whichever you prefer)
- Fat-free frozen yogurt
- Slivered almonds
- Walnuts