

Grocery

List

pb

almonds

chocolate

skim milk

lowfat cheese

canned black beans

canned garbanzo beans

lowfat cottage cheese

plain nonfat yogurt

boneless skinless chicken breasts

low sodium sliced turkey breast

oatmeal

lowfat granola

whole wheat bread

whole wheat crackers

brown rice

quinoa

Red: apples, strawberries, cherry tomatoes, red peppers

Orange:oranges, sweet potoates, baby carrots

Yellow:bananas, yellow bell peppers

Green: broccoli, asparagus, baby spinach, cucumbers

Blue:blueberries, purple grapes, purple cabbage

napkins

paper towels

trash bags

aluminum foil

sandwich baggies

TP

laundry detergent

dishwashing liquid

[www.personal-nutrition-guide.com](http://www.personal-nutrition-guide.com/)