

Grocery List

PROTEIN	FRUITS / VEGGIES	CARBS
Chicken breast	Apples	Oatmeal
Lean ground beef	Oranges	Brown rice
Round steak	Pears	Whole grain bread
Canned Tuna	Strawberries	Pita bread
Fresh fish	Blueberries	Whole grain pasta
Pork tenderloin	Spinach	Orange Juice (extra pulp)
Turkey breast	Green beans	Peanut butter
Eggs	Asparagus	Jelly (low sugar)
Cottage cheese	Carrots	Granola Bars
Skim milk	Broccoli	Bran Cereal
Light Organic Yogurt	Potatoes	
Cheese	Peanuts	
	Cashews	
	Almonds	