Grocery List

Fats/Sweets

pb
almonds
chocolate

Healthy Protein

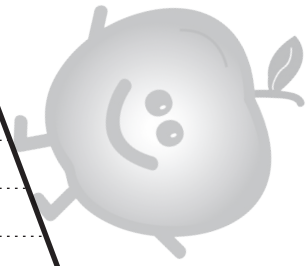
skim milk
lowfat cheese
canned black beans
canned garbanzo beans
lowfat cottage cheese
plain nonfat yogurt
boneless skinless chicken breasts
low sodium sliced turkey breast

Healthy Starch

oatmeal
lowfat granola
whole wheat bread
whole wheat crackers
brown rice
quinoa

Fruits/Veggies

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



Household Items

napkins
paper towels
trash bags
aluminum foil
sandwich baggies
TP
laundry detergent
dishwashing liquid