Shopping List

Grains:
___ Brown rice
___ Oatmeal
___ Barley
___ Whole wheat flour
___ White flour
___ Wheat pasta
___ Whole wheat bread
___ Breakfast cereal
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Dairy:
___ Milk
___ Yogurt
___ Block cheese
___ Ricotta cheese
___ Cream cheese
___ Cottage cheese
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Protein:
___ Beans
___ Lentils
___ Eggs
___ Chicken
___ Turkey
___ Lean beef
___ Fish
___ Nuts
___ Nut Butter
___ Tofu
___ Tempeh
___
___
___

Fruits:
___ Apples
___ Bananas
___ Berries
___ Grapes
___ Grapefruit
___ Lemons
___ Limes
___ Melon
___ Peaches
___ Plums
___ Pears
___ Dried fruit
___ Applesauce
___ Oranges
___ 100% fruit juice
___
___
___

Vegetables:
___ Cabbage
___ Potatoes
___ Greens
___ Spinach
___ Zucchini
___ Squash
___ Beets
___ Cucumber
___ Bell Peppers
___ Sweet potatoes
___ Broccoli
___ Cauliflower
___ Carrots
___ Celery
___ Mushrooms
___ Avocado
___ Corn
___ Tomatoes
___ Garlic
___ Onions
___ Green beans
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Other:
___ Olive Oil
___ Canola Oil
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