

# Sample Weekly Shopping List

Weekly Meal Plan		
<b>Dinner #1:</b> whole-wheat spaghetti with lean ground beef and roasted broccoli	<b>Dinner #2:</b> grilled salmon, brown rice, grilled asparagus	<b>Dinner #3:</b> Italian wedding soup with low-fat turkey meatballs and side salad
<b>Dinner #4:</b> BBQ chicken breast with roasted potatoes and steamed broccoli	<b>Dinner #5:</b> chicken salad with vinaigrette dressing, cooked carrots	<b>Dinner #6:</b> grilled fish tacos with cabbage and black beans and grilled zucchini
<b>Dinner #7:</b> flatbread veggie pizza with side salad	<b>Breakfasts:</b> whole-wheat English muffin with egg and fruit; oatmeal with nuts, fruit, and low-fat milk; Greek yogurt with fruit and granola	<b>Lunches:</b> almond butter and jam; tuna or left over chicken sandwich; carrots, apple, smoothie with fruit and Greek yogurt
<input checked="" type="checkbox"/> <b>Dairy</b>	<input checked="" type="checkbox"/> <b>Grains</b>	<input checked="" type="checkbox"/> <b>Healthy Fats</b>
<input type="checkbox"/> 1% milk	<input type="checkbox"/> brown rice	<input type="checkbox"/> avocado
<input type="checkbox"/> eggs	<input type="checkbox"/> oatmeal	<input type="checkbox"/> olive oil
<input type="checkbox"/> low-fat Greek yogurt	<input type="checkbox"/> small corn tortillas	<input type="checkbox"/> walnuts
<input type="checkbox"/> Parmesan cheese	<input type="checkbox"/> whole-grain bread	
<input type="checkbox"/>	<input type="checkbox"/> whole-wheat English muffin	
<input type="checkbox"/>	<input type="checkbox"/> whole-wheat flatbread	
<input type="checkbox"/>	<input type="checkbox"/> whole-wheat spaghetti	
<input checked="" type="checkbox"/> <b>Meats and Beans</b>	<input checked="" type="checkbox"/> <b>Vegetables</b>	<input checked="" type="checkbox"/> <b>Fruits</b>
<input type="checkbox"/> 90% lean ground beef	<input type="checkbox"/> asparagus	<input type="checkbox"/> apples
<input type="checkbox"/> black beans, no salt added	<input type="checkbox"/> bell peppers	<input type="checkbox"/> bananas
<input type="checkbox"/> chicken breast	<input type="checkbox"/> broccoli	<input type="checkbox"/> frozen blueberries
<input type="checkbox"/> fish, salmon or tilapia	<input type="checkbox"/> cabbage	<input type="checkbox"/> frozen strawberries
<input type="checkbox"/> ground turkey	<input type="checkbox"/> carrots	<input type="checkbox"/> lemon or lime
<input type="checkbox"/> water-packed tuna	<input type="checkbox"/> celery	<input type="checkbox"/> peaches
<input checked="" type="checkbox"/> <b>Staples/Condiments</b>	<input type="checkbox"/> cucumber	<input checked="" type="checkbox"/> <b>Misc.</b>
<input type="checkbox"/> balsamic vinaigrette	<input type="checkbox"/> dark leafy greens	<input type="checkbox"/> almond butter
<input type="checkbox"/> BBQ sauce	<input type="checkbox"/> onion	<input type="checkbox"/> low-sugar jam
<input type="checkbox"/> cilantro	<input type="checkbox"/> potatoes	<input type="checkbox"/> nonfat or low-fat milk
<input type="checkbox"/> garlic	<input type="checkbox"/> tomatoes	<input type="checkbox"/> relish
<input type="checkbox"/> low-sodium broth	<input type="checkbox"/> zucchini	
<input type="checkbox"/> mustard		
<input type="checkbox"/> pepper		
<input type="checkbox"/> salsa		
<input type="checkbox"/> spaghetti sauce		