

GROCERY *list*

GRAINS & CARBOHYDRATES	PROTEINS AND MEATS
<input type="checkbox"/> WHITE OR WHEAT BREAD	<input type="checkbox"/> BACON
<input type="checkbox"/> TORTILLAS	<input type="checkbox"/> LEAN MEAT
<input type="checkbox"/> INSTANT OATMEAL	<input type="checkbox"/> CHICKEN BREAST
<input type="checkbox"/> WHOLE GRAIN PASTA	<input type="checkbox"/> DELI MEAT
<input type="checkbox"/> RAMEN NOODLES	<input type="checkbox"/> GROUND BEEF OR TURKEY
<input type="checkbox"/> INSTANT MASHED POTATOES	<input type="checkbox"/> FROZEN MEATBALLS
<input type="checkbox"/> QUINOA	<input type="checkbox"/> ROTISSERIE CHICKEN
<input type="checkbox"/> EGG NOODLES	<input type="checkbox"/> TOFU
<input type="checkbox"/> COUSCOUS	<input type="checkbox"/> VEGGIE BURGERS
<input type="checkbox"/> BAGELS	
<input type="checkbox"/> CEREAL	

FROZEN OR FRESH PRODUCE	DAIRY OR DAIRY ALTERNATIVES
<input type="checkbox"/> ORANGES	<input type="checkbox"/> CHEESE
<input type="checkbox"/> BANANAS	<input type="checkbox"/> COTTAGE CHEESE
<input type="checkbox"/> APPLES	<input type="checkbox"/> GREEK YOGURT
<input type="checkbox"/> GRAPES	<input type="checkbox"/> BUTTER
<input type="checkbox"/> BELL PEPPERS	<input type="checkbox"/> CREAM CHEESE

<input type="checkbox"/> ONIONS
<input type="checkbox"/> CARROTS
<input type="checkbox"/> CUCUMBERS
<input type="checkbox"/> FROZEN VEGGIES
<input type="checkbox"/> FROZEN FRUITS
<input type="checkbox"/> SWEET POTATOES
<input type="checkbox"/> POTATOES
<input type="checkbox"/> RICED CAULIFLOWER
<input type="checkbox"/> LETTUCE OR SALAD GREENS

SNACKS
<input type="checkbox"/> NUTS OR SEEDS
<input type="checkbox"/> TRAIL MIX
<input type="checkbox"/> GRANOLA AND GRANOLA BARS
<input type="checkbox"/> SALSA
<input type="checkbox"/> CORN CHIPS
<input type="checkbox"/> POPCORN
<input type="checkbox"/> PROTEIN BARS
<input type="checkbox"/> MUFFINS
<input type="checkbox"/> WHOLE GRAIN CRACKERS

Meals

SUN: _____

MON: _____

TUE: _____

WED: _____

THU: _____

FRI: _____

SAT: _____