Shopping List | Week 12

Vegetables

- Vegetable soup
- Broccoli
- Potatoes, red skin
- Green salad
- Celery
- Onion
- Zucchini
- Veggies
- New potatoes

Fruit

- Cantaloupe
- 2 Kiwis
- 2 Bananas
- 3 Apples
- Raspberries
- Carrots
- Blueberries
- Grapes
- Tomatoes
- Fresh fruit salad
- Orange

Dairy

- Milk, fat-free
- Cheddar cheese, low-fat
- Yogurt
- Jack cheese
- Sour cream, non-fat
- Cream cheese, fat-free
- Parmesan cheese, grated

Fats

- Olive oil
- Margarine
- Italian dressing
- Walnuts
- Mayonnaise, reduced-fat
- Avocado
- Ranch dressing

Protein

- 14 GNC Total Lean™ Lean Shake™ (Powder or RTD form)
- Salmon
- Chicken
- Flank steak
- Hamburger
- Shrimp
- Pork roast, lean

Grain

- Melba toast
- French bread
- Quinoa
- Popcorn
- Granola bars
- Flour tortilla
- Wheat roll
- Whole wheat pasta
- Brown rice
- Cornbread

Condiments

- Horseradish sauce
- Lemon juice
- Butter-flavored sprinkles
- Capers
- Soy sauce

Herbs

- Parsley, chopped
- Dried oregano

Beverages

- Apple juice
- Club soda
- Carrot juice
- Orange juice

Sweets

- Chocolate syrup, calorie-free
- Graham crackers
- Brown sugar
- Chocolate frozen yogurt, low-fat
- Vanilla wafers
- Honey
- Lemon sorbet