

## ONE-WEEK HEALTHY-EATING Grocery List

**February 18, 2010**

Save **TIME** and **MONEY** on delicious, nutritious meals EVERY time you eat in with Epicure! Check what you have on hand before you shop.

CONTACT YOUR EPICURE SELECTIONS® CONSULTANT TO ORDER YOUR EPICURE HERB & SPICE BLENDS TODAY!  
 MY EPICURE SELECTIONS® CONSULTANT: \_\_\_\_\_

PRODUCE <i>The darker, the better!</i>	EPICURE'S PRODUCT PANTRY <i>Spice up your life!</i>	GROCERY <i>Read nutrition labels!</i>	OTHER:	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Vegetables – optional for platters and sides</li> <li><input type="checkbox"/> Matchstick carrots</li> <li><input type="checkbox"/> Lettuce or cabbage</li> <li><input type="checkbox"/> Green onions – optional</li> <li><input type="checkbox"/> Potatoes – optional</li> <li><input type="checkbox"/> Green bell pepper</li> <li><input type="checkbox"/> Romaine lettuce</li> <li><input type="checkbox"/> Tomato</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Epicure's Teriyaki Seasoning</li> <li><input type="checkbox"/> Epicure's Chicken Bouillon Base</li> <li><input type="checkbox"/> Epicure's Roasted Red Pepper Dip Mix</li> <li><input type="checkbox"/> Epicure's Black Pepper</li> <li><input type="checkbox"/> Epicure's Pesto Herb Mix</li> <li><input type="checkbox"/> Epicure's Dip Mix – any kind, optional for side dips</li> <li><input type="checkbox"/> Epicure's Asian Stir-fry Seasoning</li> <li><input type="checkbox"/> Epicure's Pepper – any kind</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Orange juice</li> <li><input type="checkbox"/> Canned chickpeas</li> <li><input type="checkbox"/> Canned pineapple chunks</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>	
BAKERY <i>Go whole-grain!</i>		STAPLES <i>Things you may already have. If not, stock up!</i>		
<ul style="list-style-type: none"> <li><input type="checkbox"/> Whole-grain pita bread – optional for sides</li> <li><input type="checkbox"/> Whole-wheat tortillas</li> </ul>		<ul style="list-style-type: none"> <li><input type="checkbox"/> Brown sugar</li> <li><input type="checkbox"/> Light soy sauce</li> <li><input type="checkbox"/> Brown rice</li> <li><input type="checkbox"/> Canned low-sodium diced tomatoes</li> <li><input type="checkbox"/> Canned low-sodium crushed tomatoes</li> <li><input type="checkbox"/> Sherry vinegar</li> <li><input type="checkbox"/> Cornstarch</li> <li><input type="checkbox"/> Vegetable oil</li> <li><input type="checkbox"/> Sesame seeds – optional</li> </ul>	<th style="background-color: #6b8e23; color: white;">TO DO LIST:</th> <ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>	TO DO LIST:
DAIRY <i>Go low-fat!</i>		MEAT/SEAFOOD/POULTRY <i>Go lean!</i>		
<ul style="list-style-type: none"> <li><input type="checkbox"/> Parmesan cheese</li> <li><input type="checkbox"/> Low-fat cheese (M.F. &lt; 20%) – optional for sides</li> <li><input type="checkbox"/> Low-fat plain yogurt – optional, for side dips</li> <li><input type="checkbox"/> Light sour cream – optional, for side dips</li> </ul>		<ul style="list-style-type: none"> <li><input type="checkbox"/> Boneless, skinless chicken breasts</li> <li><input type="checkbox"/> Sirloin steaks</li> <li><input type="checkbox"/> Lean pork</li> </ul>		