

ONE-WEEK HEALTHY-EATING Grocery List

March 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"> <input type="checkbox"/> Vegetables – for platters and sides <input type="checkbox"/> Onions <input type="checkbox"/> Celery <input type="checkbox"/> Carrots <input type="checkbox"/> Potatoes – optional <input type="checkbox"/> Mango* <input type="checkbox"/> Blueberries* <input type="checkbox"/> Mixed vegetables* <input type="checkbox"/> Romaine lettuce <input type="checkbox"/> Cucumber <input type="checkbox"/> Matchstick carrots <p>*Fresh or frozen</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Epicure's Beef Bouillon Base <input type="checkbox"/> Epicure's 3 Onion Dip Mix <input type="checkbox"/> Epicure's Salsa Mix – any kind <input type="checkbox"/> Epicure's Louisiana Hot & Spicy Dip Mix <input type="checkbox"/> Epicure's Seasoning for Mac & Cheese <input type="checkbox"/> Epicure's Green Bell Pepper <input type="checkbox"/> Epicure's Pizza Seasoning <input type="checkbox"/> Epicure's Cheese, Chives & Bacon Dip Mix <input type="checkbox"/> Epicure's Dip Mixes – any kind <input type="checkbox"/> Epicure's Ranch Dressing Mix <input type="checkbox"/> Epicure's Fruit Salsa Mix <input type="checkbox"/> Epicure's Fajita Seasoning <input type="checkbox"/> Epicure's Marinara Sauce Mix 	<ul style="list-style-type: none"> <input type="checkbox"/> Whole-grain pasta <input type="checkbox"/> Canned light tuna <input type="checkbox"/> Canned diced tomatoes – for salsa 	<ul style="list-style-type: none"> <input type="checkbox"/> Red wine <input type="checkbox"/> Tofu <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
BAKERY <i>Go whole-grain!</i>		STAPLES <i>Things you may already have. If not, stock up!</i>	TO DO LIST:
<ul style="list-style-type: none"> <input type="checkbox"/> Whole-grain breadcrumbs <input type="checkbox"/> Cornmeal <input type="checkbox"/> Whole-wheat wraps <input type="checkbox"/> Tortillas 		<ul style="list-style-type: none"> <input type="checkbox"/> Sugar <input type="checkbox"/> Quick-cooking tapioca <input type="checkbox"/> Rice <input type="checkbox"/> Vegetable oil <input type="checkbox"/> Light mayonnaise – for dips 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
DAIRY <i>Go low-fat!</i>		MEAT/SEAFOOD/POULTRY <i>Go lean!</i>	
<ul style="list-style-type: none"> <input type="checkbox"/> Eggs <input type="checkbox"/> Low-fat yogurt – plain for dips <input type="checkbox"/> Light sour cream <input type="checkbox"/> Low-fat mozzarella cheese (M.F. less than 20%) 		<ul style="list-style-type: none"> <input type="checkbox"/> Stewing beef <input type="checkbox"/> White fish fillets <input type="checkbox"/> Chicken breasts 	