Epicure's Meals in Minutes!

Crystal MacGregor, RD, with Epicure Selections®

ONE-WEEK HEALTHY-EATING Grocery List

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

May 13, 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.

PRODUCE *The darker, the better!*

- ❍ Seasonal greens
- ❍ Onion
- ❍ Vegetables – for platters and tacos
- ❍ White onion
- ❍ Zucchini
- ❍ Carrots
- ❍ Sweet potato
- ❍ Tomato
- ❍ Red onion
- ❍ Frozen spinach
- ❍ Frozen peas and corn
- ❍ Garlic
- ❍ Celery

BAKERY *Go whole-grain!*

- ❍ Breadcrumbs
- ❍ Whole-wheat baguette – optional for a side
- ❍ Whole-wheat hamburger buns
- ❍ Whole-wheat wraps – optional instead of taco shells
- ❍ Whole-wheat Kaiser buns

EPICURE'S PRODUCT PANTRY *Spice up your life!*

- ❍ Epicure's Chili Seasoning
- ❍ Epicure's Chicken Boullion
- ❍ Epicure's Seasoning for Nacho Cheese Dip
- ❍ Epicure's Seasoning for Burgers
- ❍ Epicure's Minced Garlic
- ❍ Epicure's Crystallized Ginger
- ❍ Epicure's Thai Seasoning
- ❍ Epicure's Salsa – any kind
- ❍ Epicure's Bay Leaf
- ❍ Epicure's Bolognese Sauce Mix
- ❍ Epicure's Pizza Seasoning
- ❍ Epicure's Dill
- ❍ Epicure's Dips – optional for sides, any kind
- ❍ Epicure's Dressings – optional for sides, any kind

DAIRY *Go low-fat!*

- ❍ Eggs
- ❍ Milk
- ❍ Low-fat plain yogurt – optional for dips
- ❍ Low-fat mozzarella cheese (M.F. < 20%)
- ❍ Light cream cheese
- ❍ Light Parmesan cheese
- ❍ Light mayonnaise

GROCERY *Read nutrition labels!*

- ❍ Canned black beans
- ❍ Rice wine vinegar
- ❍ Honey
- ❍ Peanut butter
- ❍ Sesame oil
- ❍ Pecans
- ❍ Canned low-sodium whole tomatoes
- ❍ Spaghetti
- ❍ Low-sodium soy sauce
- ❍ Taco shells
- ❍ Whole-wheat flour

STAPLES *Things you may already have. If not, stock up!*

- ❍ Extra-virgin, cold-pressed olive oil or vegetable oil
- ❍ Dill pickles

MEAT/SEAFOOD/POULTRY *Go lean!*

- ❍ Boneless, skinless chicken breasts
- ❍ Lean ground beef
- ❍ Ground Italian sausage
- ❍ Canned light tuna

OTHER:

- ❍ _____
- ❍ _____
- ❍ _____
- ❍ _____
- ❍ _____
- ❍ _____
- ❍ _____

TO DO LIST:

- ❍ _____
- ❍ _____
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- ❍ _____
- ❍ _____
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