

ONE-WEEK HEALTHY-EATING Grocery List

August 20, 2009

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 FINE VE HERB & SPICE BLENDS TODAY!
 MY EPICURE SELECTIONS® CONSULTANT: _____

PRODUCE <i>The darker, the better!</i>	BAKERY <i>Go whole-grain!</i>	VE PRODUCT PANTRY <i>Spice up your life!</i>	STAPLES <i>Stock your pantry!</i>
<ul style="list-style-type: none"> <input type="checkbox"/> Snow peas <input type="checkbox"/> Red bell pepper <input type="checkbox"/> Green bell pepper <input type="checkbox"/> Green onions <input type="checkbox"/> Onion <input type="checkbox"/> Yellow bell pepper <input type="checkbox"/> Avocado for preparing guacamole <input type="checkbox"/> Vegetables for dipping — any kind <input type="checkbox"/> Lemon <input type="checkbox"/> Seasonal greens <input type="checkbox"/> Mango <input type="checkbox"/> Blueberries <input type="checkbox"/> Lettuce — any kind <input type="checkbox"/> Potatoes for oven-baked fries and potato wedges <input type="checkbox"/> Baby carrots <input type="checkbox"/> Mushrooms 	<ul style="list-style-type: none"> <input type="checkbox"/> Whole-grain tortillas <input type="checkbox"/> Whole-wheat pita bread <input type="checkbox"/> Whole-wheat breadcrumbs <input type="checkbox"/> Whole-wheat buns <input type="checkbox"/> 2" (30 cm) whole-wheat prepared pizza shell 	<ul style="list-style-type: none"> <input type="checkbox"/> VE Oriental Stir-fry Seasoning <input type="checkbox"/> VE Chicken Bouillon Base <input type="checkbox"/> VE Thai Seasoning <input type="checkbox"/> VE Taco Seasoning <input type="checkbox"/> VE Poco Picante Salsa Mix <input type="checkbox"/> VE Fajita Seasoning <input type="checkbox"/> VE Guacamole Dip Mix <input type="checkbox"/> VE Salsa Mix — any kind <input type="checkbox"/> VE Dip Mix — any kind <input type="checkbox"/> VE Louisiana Hot & Spicy Dip Mix <input type="checkbox"/> VE Seafood & Fish Seasoning <input type="checkbox"/> VE 4 Pepper Blend <input type="checkbox"/> VE Chili Lime Sansel™ <input type="checkbox"/> VE Dressing Mix — any kind <input type="checkbox"/> VE 3 Onion Dip Mix <input type="checkbox"/> VE Fruit Salsa Mix <input type="checkbox"/> VE Jamaican Jerk Seasoning 	<ul style="list-style-type: none"> <input type="checkbox"/> Vegetable oil <input type="checkbox"/> Olive oil
	DAIRY <i>Go low-fat!</i>		OTHER:
	<ul style="list-style-type: none"> <input type="checkbox"/> Low-fat sour cream <input type="checkbox"/> Grated low-fat cheese — any kind <input type="checkbox"/> Low-fat plain yogurt — for dips <input type="checkbox"/> Light mayonnaise — for dips <input type="checkbox"/> Egg whites <input type="checkbox"/> Low-fat mozzarella cheese — M.F. < 20% 		<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
	MEAT and POULTRY <i>Go lean!</i>		TO DO LIST:
GROCERY <i>Read nutrition labels!</i>	<ul style="list-style-type: none"> <input type="checkbox"/> Boneless, skinless chicken breasts <input type="checkbox"/> Extra-lean ground beef <input type="checkbox"/> Lean ground chicken 		<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<ul style="list-style-type: none"> <input type="checkbox"/> Sesame seeds <input type="checkbox"/> Brown rice <input type="checkbox"/> Canned low-sodium black beans <input type="checkbox"/> Tortilla chips <input type="checkbox"/> Lime juice <input type="checkbox"/> Canned low-sodium diced tomatoes <input type="checkbox"/> Tomato sauce <input type="checkbox"/> Canned crushed pineapple 	SEAFOOD <i>A great low-fat choice!</i>		
	<ul style="list-style-type: none"> <input type="checkbox"/> Shrimp <input type="checkbox"/> Halibut fillets 		