

ONE-WEEK HEALTHY-EATING Grocery List

August 6, 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	STAPLES <i>Stock your pantry!</i>	
<ul style="list-style-type: none"> <input type="checkbox"/> Vegetables for side dishes and platters – any kind <input type="checkbox"/> Potatoes <input type="checkbox"/> Baby carrots <input type="checkbox"/> Romaine lettuce <input type="checkbox"/> Green beans <input type="checkbox"/> Green pepper <input type="checkbox"/> Mushrooms 	<ul style="list-style-type: none"> <input type="checkbox"/> Corn tortillas <input type="checkbox"/> Whole-grain breadcrumbs <input type="checkbox"/> Whole-grain croutons <input type="checkbox"/> Whole-grain pita bread <input type="checkbox"/> Whole-wheat tortillas 	<p style="background-color: #808000; color: white; padding: 2px;"><i>Spice up your life!</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> VE 3 Onion Dip Mix <input type="checkbox"/> VE Caliente Salsa Mix <input type="checkbox"/> VE Tex-Mex Grilling Sauce <input type="checkbox"/> VE Ranch Dressing Mix <input type="checkbox"/> VE Caesar Dressing Mix <input type="checkbox"/> VE Minced Garlic <input type="checkbox"/> VE Black Pepper <input type="checkbox"/> VE Sweet & Spicy Mustard — optional <input type="checkbox"/> VE Lemon Dilly Dip Mix <input type="checkbox"/> VE Honey Mustard <input type="checkbox"/> VE Poco Picante Salsa Mix <input type="checkbox"/> VE Vegetable Bouillon Base <input type="checkbox"/> VE Garlic Pepper 	<ul style="list-style-type: none"> <input type="checkbox"/> Vegetable oil <input type="checkbox"/> Olive oil <input type="checkbox"/> Whole-wheat pasta 	
GROCERY <i>Read nutrition labels!</i>	DAIRY <i>Go low-fat!</i>			OTHER:
<ul style="list-style-type: none"> <input type="checkbox"/> Hot sauce <input type="checkbox"/> Lemon juice 	<ul style="list-style-type: none"> <input type="checkbox"/> Eggs <input type="checkbox"/> Low-fat cheese – any kind <input type="checkbox"/> Low-fat plain yogurt <input type="checkbox"/> Low-fat sour cream <input type="checkbox"/> Low-fat milk <input type="checkbox"/> Parmesan cheese <input type="checkbox"/> Low-fat mayonnaise 			<ul style="list-style-type: none"> <input type="checkbox"/> White wine <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:
	<ul style="list-style-type: none"> <input type="checkbox"/> Chicken breasts <input type="checkbox"/> Burgers – any kind 		<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"/> _____ 	
	SEAFOOD <i>A great low-fat choice!</i>			
	<ul style="list-style-type: none"> <input type="checkbox"/> Salmon fillets <input type="checkbox"/> White fish – any kind 			