

ONE-WEEK HEALTHY-EATING Grocery List

July 23, 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"/> Red peppers <input type="checkbox"/> Vegetables for side dishes – any kind <input type="checkbox"/> Green onions <input type="checkbox"/> Celery <input type="checkbox"/> Baby carrots <input type="checkbox"/> Bell peppers <input type="checkbox"/> Broccoli <input type="checkbox"/> Carrots <input type="checkbox"/> Mushrooms <input type="checkbox"/> Seasonal greens <input type="checkbox"/> Tomatoes <input type="checkbox"/> Onions 	<ul style="list-style-type: none"> <input type="checkbox"/> Whole-wheat pita bread <input type="checkbox"/> Whole-wheat hamburger buns <input type="checkbox"/> 12" (30 cm) prepared thin whole-wheat pizza shell <input type="checkbox"/> Whole-grain bread 	<p style="background-color: #4F7942; color: white; padding: 2px;"><i>Spice up your life!</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> VE Honey Mustard <input type="checkbox"/> VE 3 Onion Dip Mix <input type="checkbox"/> VE Poco Picante Salsa Mix <input type="checkbox"/> VE Dip Mix – any kind <input type="checkbox"/> VE Lemon Dilly Dip Mix <input type="checkbox"/> VE White Balsamic Vinegar <input type="checkbox"/> VE Black Pepper <input type="checkbox"/> VE Cajun Seasoning <input type="checkbox"/> VE Seafood & Fish Seasoning <input type="checkbox"/> VE Ranch Dressing <input type="checkbox"/> VE Herb & Garlic Dip Mix <input type="checkbox"/> VE Fruit Salsa Mix <input type="checkbox"/> VE Poultry Seasoning <input type="checkbox"/> VE Minced Garlic <input type="checkbox"/> VE Chili Seasoning <input type="checkbox"/> VE Caliente Salsa Mix 	<ul style="list-style-type: none"> <input type="checkbox"/> Low-fat mayonnaise <input type="checkbox"/> Vegetable oil <input type="checkbox"/> Sugar <input type="checkbox"/> Bulgur (cracked wheat) <input type="checkbox"/> Ground cumin
	<p style="background-color: #4F7942; color: white; padding: 2px;"><i>DAIRY Go low-fat!</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Eggs <input type="checkbox"/> Low-fat Swiss cheese <input type="checkbox"/> Low-fat sour cream – for dips <input type="checkbox"/> Low-fat Cheddar cheese <input type="checkbox"/> Low-fat plain yogurt <input type="checkbox"/> Skim milk <input type="checkbox"/> Partly-skimmed mozzarella cheese <input type="checkbox"/> Parmesan cheese <input type="checkbox"/> Low-fat cheese – any kind 		<p style="background-color: #4F7942; color: white; padding: 2px;">OTHER:</p> <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"/> _____
<p style="background-color: #4F7942; color: white; padding: 2px;">GROCERY <i>Read nutrition labels!</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Bite-sized pasta – any kind <input type="checkbox"/> Lemon juice <input type="checkbox"/> Canned pineapple pieces <input type="checkbox"/> Low-sodium canned diced tomatoes <input type="checkbox"/> Tomato paste <input type="checkbox"/> Canned red kidney beans <input type="checkbox"/> Canned black beans <input type="checkbox"/> Frozen corn 	<p style="background-color: #4F7942; color: white; padding: 2px;">MEAT and POULTRY <i>Go lean!</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Cooked lean ham <input type="checkbox"/> Burgers – any kind <input type="checkbox"/> Boneless, skinless chicken breasts 	<div style="border: 2px solid #4F7942; border-radius: 50%; width: 100px; height: 100px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> <p style="color: #4F7942; font-weight: bold; text-align: center;">For extra calcium, try making VE Dips and Dressings with low-fat yogurt.</p> </div>	<p style="background-color: #4F7942; color: white; padding: 2px;">TO DO LIST:</p> <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"/> _____
	<p style="background-color: #4F7942; color: white; padding: 2px;">SEAFOOD <i>A great low-fat choice!</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> White fish fillets 		