

ONE-WEEK HEALTHY-EATING Grocery List

June 11, 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: _____

<p>PRODUCE <i>The darker, the better!</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Cilantro – optional <input type="checkbox"/> Parsley – optional <input type="checkbox"/> Lettuce <input type="checkbox"/> Mango <input type="checkbox"/> Assorted fruit – for platter <input type="checkbox"/> Bean sprouts <input type="checkbox"/> Matchstick carrots <input type="checkbox"/> Seasonal greens <input type="checkbox"/> Mushrooms <input type="checkbox"/> Red peppers <input type="checkbox"/> Vegetables for side dishes and platters – any kind <input type="checkbox"/> Green onions <input type="checkbox"/> Basil <input type="checkbox"/> Orange <input type="checkbox"/> Portobello mushrooms <input type="checkbox"/> Tomato <input type="checkbox"/> Red Onion <input type="checkbox"/> Romaine lettuce 	<ul style="list-style-type: none"> <input type="checkbox"/> Lemon juice <input type="checkbox"/> Dried cranberries <input type="checkbox"/> 100% orange juice 	<p>SEAFOOD <i>A great low-fat choice!</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Boneless, skinless salmon fillet 	<p>STAPLES <i>Stock your pantry!</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Low-fat mayonnaise <input type="checkbox"/> Extra-virgin, cold-pressed olive oil <input type="checkbox"/> Rice wine vinegar <input type="checkbox"/> Brown sugar <input type="checkbox"/> Vegetable oil <input type="checkbox"/> Low-sodium soy sauce <input type="checkbox"/> Brown rice <input type="checkbox"/> Honey <input type="checkbox"/> White sugar
<p>GROCERY <i>Read nutrition labels!</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Canned water-packed salmon <input type="checkbox"/> Peanut butter <input type="checkbox"/> Hoison sauce <input type="checkbox"/> Sesame oil <input type="checkbox"/> Sesame seeds <input type="checkbox"/> Whole-wheat couscous <input type="checkbox"/> Canned chickpeas <input type="checkbox"/> Frozen orange juice concentrate 	<p>BAKERY <i>Go whole-grain!</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Whole-wheat buns <input type="checkbox"/> 12" (30 cm) thin pizza crust <input type="checkbox"/> Whole-grain croutons <input type="checkbox"/> Whole-grain pita bread 	<p>VE PRODUCT PANTRY <i>Spice up your life!</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> VE Tropical Fruit Dip Mix <input type="checkbox"/> VE Louisiana Hot & Spicy Dip Mix <input type="checkbox"/> VE 3 Onion Dip Mix <input type="checkbox"/> VE Cajun Seasoning <input type="checkbox"/> VE Oriental Stir-fry Seasoning <input type="checkbox"/> VE Crushed Chilies <input type="checkbox"/> VE Satay Seasoning <input type="checkbox"/> VE Dressing – any kind <input type="checkbox"/> VE Ginger (Ground) <input type="checkbox"/> VE Bouillon Base – any kind <input type="checkbox"/> VE Madras Curry <input type="checkbox"/> VE Cherries & Berries <input type="checkbox"/> VE Minced Garlic <input type="checkbox"/> VE Curry Dip Mix <input type="checkbox"/> VE Balsamic Vinegar <input type="checkbox"/> VE Tzaziki Dip Mix <input type="checkbox"/> VE Caesar Dressing Mix <input type="checkbox"/> VE Pepper 	<p>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>DAIRY <i>Go low-fat!</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Low-fat plain yogurt <input type="checkbox"/> Eggs <input type="checkbox"/> Partly-skimmed mozzarella cheese – < 20% MF <input type="checkbox"/> Low-fat milk <input type="checkbox"/> Parmesan cheese 		<p>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>MEAT <i>Go lean!</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Boneless, skinless chicken breasts <input type="checkbox"/> Flank steak 		<p>For extra calcium, try making VE Dips and Dressings with low-fat yogurt.</p>	