Meals in Minutes!

Crystal MacGregor, RD, with Epicure Selections®

ONE-WEEK HEALTHY-EATING Grocery List

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

May 28, 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!

PRODUCE *The darker, the better!*

- ❍ Seasonal greens
- ❍ New potatoes – optional
- ❍ Onion
- ❍ Vegetables for side dishes – any kind
- ❍ Green onions
- ❍ Iceberg lettuce
- ❍ Broccoli

GROCERY *Read nutrition labels!*

- ❍ Breadcrumbs
- ❍ 100% orange juice
- ❍ Sesame seeds
- ❍ Brown rice
- ❍ Low-sodium crushed tomatoes – for Marinara Sauce
- ❍ Low-sodium diced tomatoes – for Marinara Sauce
- ❍ Whole-grain pasta

BAKERY *Go whole-grain!*

- ❍ Whole-wheat hamburger buns
- ❍ 12" (30 cm) thin pizza shell

DAIRY *Go low-fat!*

- ❍ Eggs
- ❍ Light feta cheese
- ❍ Partly-skimmed mozzarella cheese – < 20% MF
- ❍ Low-fat plain yogurt – for dips

MEAT *Go lean!*

- ❍ Boneless, skinless chicken breasts
- ❍ Extra-lean ground turkey or beef
- ❍ Flank steak

For extra calcium, try making VE Dips and Dressings with low-fat yogurt.

SEAFOOD *A great low-fat choice!*

- ❍ White fish fillets*
- ❍ Tuna

*Fresh or frozen

VE PRODUCT PANTRY *Spice up your life!*

- ❍ VE Barbecue Seasoning
- ❍ VE Black Pepper
- ❍ VE Tuscan Rub
- ❍ VE Minced Garlic
- ❍ VE Roasted Garlic
- ❍ VE Greek Seasoning
- ❍ VE Tzaziki Dip Mix
- ❍ VE Oriental Stir-fry Seasoning
- ❍ VE Teriyaki Rub
- ❍ VE Beef Bouillon Base
- ❍ VE Teriyaki Seasoning
- ❍ VE Teriyaki Grilling Sauce
- ❍ VE Vegetable Bouillon Base
- ❍ VE Marinara Sauce Mix
- ❍ VE Dressing Mix – any kind

STAPLES *Stock your pantry!*

- ❍ Extra-virgin, cold-pressed olive oil
- ❍ Vegetable oil
- ❍ Brown sugar
- ❍ Low-sodium soy sauce
- ❍ Cornstarch
- ❍ Light mayonnaise – for dips

OTHER:

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TO DO LIST:

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