

# WEEKLY GROCERY LIST

THIFTYMAMALIFE.COM

## FRUIT & VEGGIES

spinach, kale, chard, peppers, radishes, tomato, cucumbers, iceberg lettuce, carrots, celery, apples, bananas, oranges, blueberries, raspberries, strawberries, melon, pineapple, kiwi

## DAIRY

Fat-free or low-fat milk

Fat-free or low-fat Greek yogurt

Low-fat cheese

Low-fat cottage cheese

Eggs or egg substitute

## GRAINS

\*Whole-grain bread

\*Whole-grain cereal

\*Oatmeal (rolled oats or steel cut oats)

## MEAT

\*Lean ground turkey

\*White meat, skinless chicken

\*Sliced turkey breast \*Lean cuts of beef

\*Tuna steak \*Fresh salmon

\*Pork tenderloin



# WEEKLY GROCERY LIST

## FRUIT & VEGGIES

spinach, kale, chard, peppers, radishes,  
tomato, cucumbers, iceberg lettuce, carrots,  
celery, apples, bananas, oranges, blueberries,  
raspberries, strawberries, melon, pineapple,  
kiwi

## DAIRY

Fat-free or low-fat milk  
Fat-free or low-fat Greek yogurt  
Low-fat cheese  
Low-fat cottage cheese  
Eggs or egg substitute

## GRAINS

\*Whole-grain bread  
\*Whole-grain cereal  
\*Oatmeal (rolled oats or steel cut oats)

## MEAT

\*Lean ground turkey  
\*White meat, skinless chicken  
\*Sliced turkey breast \*Lean cuts of beef  
\*Tuna steak \*Fresh salmon  
\*Pork tenderloin