

Grocery List

Try for 5 colors a day from fruits and veggies! Go organic when you can!!! Find Coupons

Veggies:

_____ Green	(peas, collards, kale, mustard greens, broccoli, spinach, zucchini, Bok Choy, Brussel Sprouts,
_____ Green	Asparagus, Cabbage, Bell Pepper, Artichoke, Romaine Lettuce)
_____ Red	(Red Pepper, Beet, Radish, tomato*)
_____ Orange	(Carrots, Pumpkin, Sweet Potatoes)
_____ Purple	(Eggplant, Purple Cabbage, Purple Onions)
_____ Yellow	(Corn, Squash, yellow peppers)
_____ White	(Onions, Potatoes, Cauliflower, Parsnips)

Fruits:

_____ yellow	(Pineapple, Starfruit, Banana, Lemons, Plantains)
_____ Orange	(Oranges, Canteloupe, Peaches, Tangerines, Mango, Kumquats)
_____ red	(Watermelon, Pink Grapefruit, tomatoes, cherries, strawberries, red grapes, apple, Raspberries, Pomegranate, Papaya)
_____ purple	(Blackberries, Plums, Prunes, Grapes/raisins, figs)
_____ green	(Kiwi, Lime, Honeydew melon)
_____ Blue	Blueberries
_____ White	Pears

_____ **Beans** (cannellini, navy, black, Lima, garbanzo, kidney, anasazi, lentils, split peas, pinto beans, soybean)

_____ **Dairy/Alternative** (milk, cheese, cream, butter, sour cream, cottage cheese, cream cheese, egg, yogurt)

_____ **Meat** (ground beef, steak, pork chops, pork loin, fish, chicken breasts, chicken thighs, whole chicken, lamb, turkey, uncured hotdogs)

_____ **Bread/Pasta/Rice** (whole wheat, wraps, hamburger/hotdog buns, pizza dough, spaghetti, lasagna, shells/spirals, maicotti, egg noodles, couscous, rice noodles, rice, rolls, oats/oatmeal)

_____ **Baking** (whole wheat flour, corn flour, waffle/pancake mix, Agave, sugar)

_____ **Misc** (Flax seeds, Quinin, Wheat Germ, Nuts, Agave, fruit spread, peanut butter, almond butter, molasses, Herbs/spices, sea salt, olive oil, other oil, Salsa, condiments, olives, pickles, pesto, tomato sauces_____)

_____ **Frozen** (entrees, pizza, waffles, vegetables, ice cream, misc)

_____ **Drinks** (tea -hot, iced, coffee, juice, wine, misc)