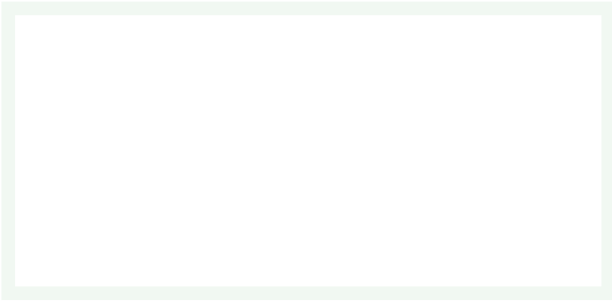
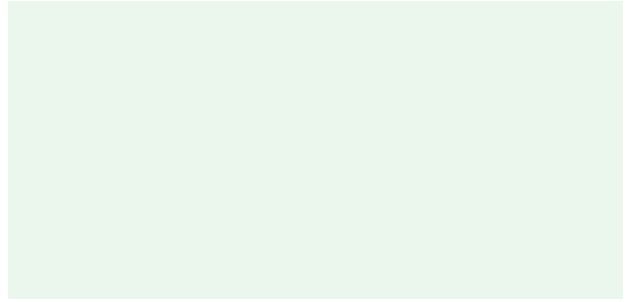


GROCERY LIST

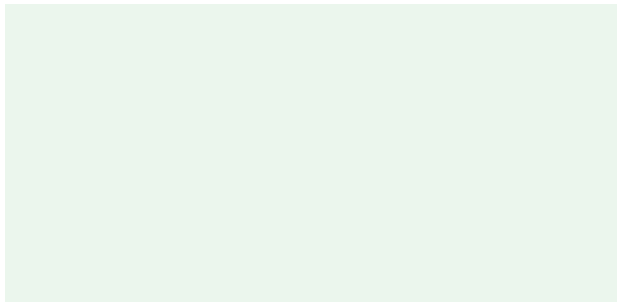
FRUITS



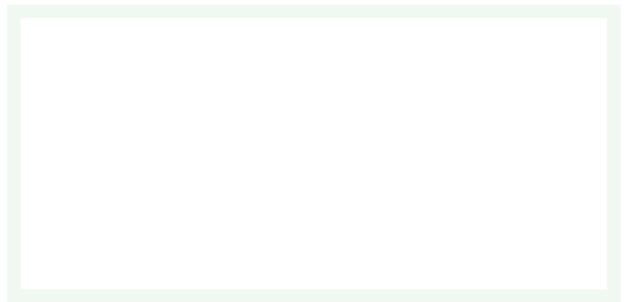
VEGETABLES



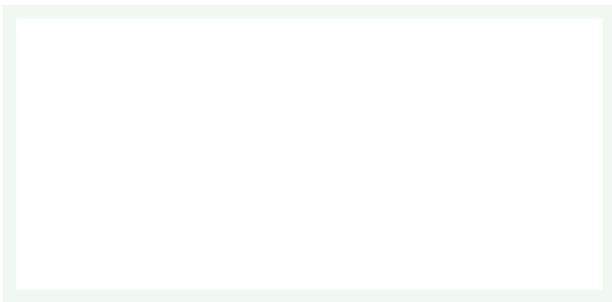
FISH & MEAT



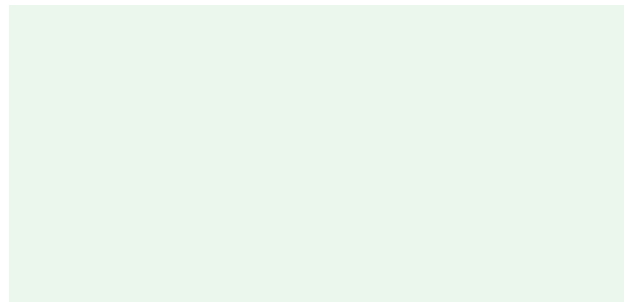
SNACKS



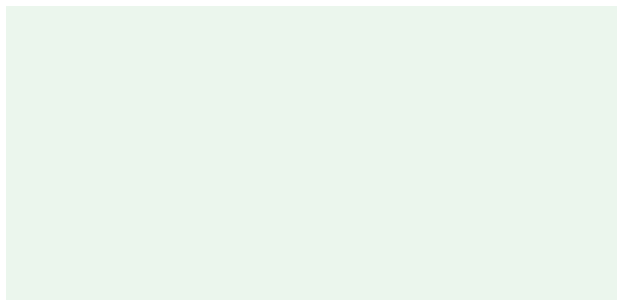
DAIRY



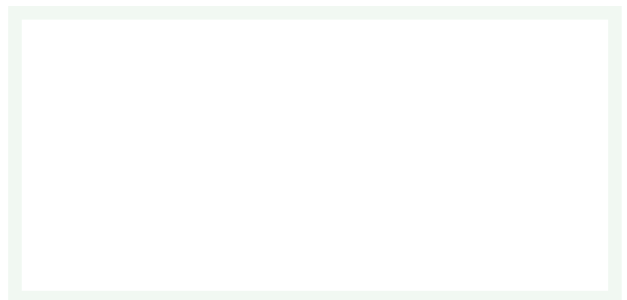
DRINKS



RECIPES FOR THE WEEK



PANTRY ITEMS



GROCERY LIST

FRUITS

Pineapple
Bananas
Strawberries
Grapes

VEGETABLES

Broccoli
Baby Carrots
Celery
Basil
Spinach
Bell peppers

FISH & MEAT

Wild Caught Salmon frozen or
fresh
Canned Tuna
Ground Pork
Chicken breast & thighs

SNACKS

Salted Peanuts
Hummus
Guacamole
Crackers

DAIRY

Milk
Greek Yogurt
Shredded Cheese

DRINKS

RECIPES FOR THE WEEK

Salmon with roasted broccoli - Monday
Pork Bolognese with Penne Pasta- Tuesday
One Pot Chicken with Rice & Beans - Wed.
Granola Bars - snack
Overnight Oats - snack
Fruit Salad - Monday through Friday
Tuna Salad for lunch

PANTRY ITEMS

No sodium Black Bean
No sodium Canned Tomatoes
Low Sodium Stock
Rice
Almond Slices
Rolled Oats
Honey
Cinnamon