



■ MASTER GROCERY SHOPPING LIST

- *Don't let supplies of healthy food run out!*
- *Avoid Temptation and Cravings:* Always have something to eat before you grocery shop.
- *The Time Challenge:* Don't spend more than **15** minutes grocery shopping, once a week. Know what you're getting in advance so that you can blast through the aisles and leave.

★ The Regularly Needed Items:

- | | | |
|---|---|--|
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Red Pepper | <input type="checkbox"/> Plain organic Kefir (Liberty Brand) |
| <input type="checkbox"/> Raspberries | <input type="checkbox"/> Green Pepper | <input type="checkbox"/> Plain organic Yogurt |
| <input type="checkbox"/> Green Apple | <input type="checkbox"/> Avocado | <input type="checkbox"/> Fat Free Cottage Cheese |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Sweet Potato | <input type="checkbox"/> Naturegg Liquid Egg Whites or Egg Beaters |
| <input type="checkbox"/> Dark Green Salad | <input type="checkbox"/> Sirloin Steak | <input type="checkbox"/> Omega 3 organic eggs |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Chicken | |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Turkey | |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Fish - Various kinds | |
| <input type="checkbox"/> Cucumber | | |

★ The Occasionally Needed Items:

- | | | |
|---|---|---|
| <input type="checkbox"/> Large Flake Oatmeal | <input type="checkbox"/> Whey Protein Shake | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Carnation Instant Breakfast | <input type="checkbox"/> Greens+ | <input type="checkbox"/> Onion |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Chewable, flavored Vitamin C | <input type="checkbox"/> Hot Peppers |
| <input type="checkbox"/> Unpasteurized Honey | <input type="checkbox"/> Cayenne Pills | <input type="checkbox"/> Carrots |
| <input type="checkbox"/> Brown Rice Pasta | <input type="checkbox"/> Ginger Root Pills | <input type="checkbox"/> Olives |
| <input type="checkbox"/> Brown, Wild, or Basmati Rice | <input type="checkbox"/> Calcium Pills | <input type="checkbox"/> Lemon/Lime Juice |
| <input type="checkbox"/> Tomato Sauce / Paste | <input type="checkbox"/> Fish Oil Pills | <input type="checkbox"/> Sesame seeds |
| <input type="checkbox"/> Lentils | <input type="checkbox"/> Flaxseed Oil | <input type="checkbox"/> Almonds |
| <input type="checkbox"/> Green or Herbal Tea | <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> Pistachios |
| <input type="checkbox"/> Gatorade Mix | <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Walnuts |

★ Other Items Needed

- | | |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
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| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

- Share this grocery list with others! Print out more copies at www.FoxFitness.ca