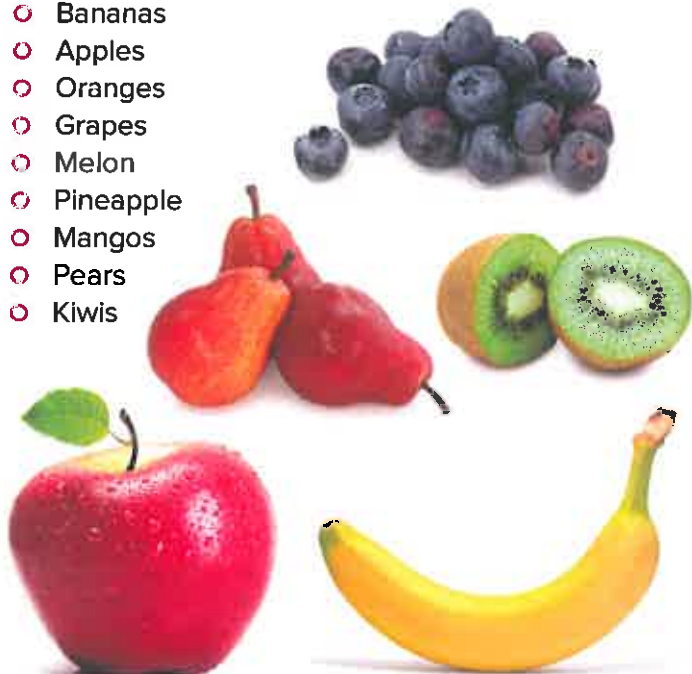


Grocery List

Stock your kitchen with your family's favourite nutritious staples to create simple and delicious packed lunches.

Fruits

- Mixed berries (strawberries, blueberries, raspberries)
- Bananas
- Apples
- Oranges
- Grapes
- Melon
- Pineapple
- Mangos
- Pears
- Kiwis



Vegetables

- Carrots
- Broccoli
- Spinach
- Onions
- Cucumbers
- Cauliflower
- Bell peppers
- Peas
- Green beans
- Zucchini
- Celery
- Mushrooms
- Tomatoes



Protein

- Lean cuts of beef and pork
- Turkey and chicken
- Fish (fresh, frozen, or canned)
- Shellfish (fresh or frozen)
- Eggs
- Tofu or tempeh
- Beans and lentils (dried or canned)
- Hummus
- Peanut or nut butter
- Wow butter (nut free butter)
- Seeds (sunflower or pumpkin)



Grains & Starches

- Whole grain bread and cereals
- Quinoa
- Barley
- Oats
- Whole grain tortillas and pitas
- Whole grain pasta and rice
- Potatoes (white or sweet potato)
- Squash
- Corn



Milk and Alternatives

- Plain milk
- Plain, unsweetened fortified soy beverage
- Cottage cheese
- Yogurt
- Cheese



Menu Plan

Think about your favourite meals, and try to create a menu plan for the week.
Focus on colourful vegetables and fruit.

	My Shopping List
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

