

Diane's Daily Dish
Week 4
Shopping List

VEGGIES

1 pkg. frozen corn kernels
5 cloves garlic

5 onions
3 green bell peppers
5 red bell peppers
1 cup grape tomatoes
4 jalapeno peppers
4 stalks celery
1 bunch cilantro
1 bunch parsley
10 large white mushrooms
1 small knob of ginger
1 small head each red and green cabbage
4 large carrots

FRUITS

3 lemons

CEREALS/GRAINS/BREAD

(3g+ fiber & ≤3g fat per serving)

6 whole wheat buns
1 lb. whole grain elbow macaroni

DAIRY

(<3gfat per serving)

16 oz. parmesan cheese
8 oz. low fat cheddar
8 oz. low fat cheese of choice
4oz. lowfat milk

MEAT/POULTRY/FISH/EGGS

1 9" skinned salmon filet
4 links turkey sausage
2 lb. skinless, boneless chicken breast

NUTS/SEEDS

$\frac{3}{4}$ cup slivered almonds