

Diane's Daily Dish
Week 3
Shopping List

VEGGIES

4 medium zucchini
3 cloves garlic
3 onions
3 bell pepper
8 oz. mushrooms (6 large)
1C grape tomatoes
4 carrots
4 stalks celery
small head broccoli

FRUITS

6 apples
4 lemons

CEREALS/GRAINS/BREAD
(3g+ fiber & ≤3g fat per serving)

6 whole wheat buns
1 lb. box whole grain pasta

DAIRY

(<3gfat per serving)

16 oz. parmesan cheese
1T butter

MEAT/POULTRY/FISH/EGGS

6 boneless center cut pork chops
2 eggs
2 lb. ground chicken, turkey or
sirloin (or combo)
4 - 6oz. catfish, flounder, tilapia
or other white fish fillets

NUTS/SEEDS

1 T ground flax seed
1/2C chopped walnuts