

Diane's Daily Dish

Week 5

Shopping List

VEGGIES

FRUITS

CEREALS/GRAINS/BREAD

(3g+ fiber &

≤3g fat per serving)

1 bunch parsley

2 lemons

6 whole grain

tortillas

5 cloves garlic

2 oranges

3 slices

multigrain bread

2 onions

1 lime

1 small red onion

2C baby spinach leaves

1 lb. mushrooms; wild and white

3 heads Romaine lettuce

1 bunch fresh cilantro

2 carrots

1 red bell pepper

DAIRY

MEAT/POULTRY/FISH/EGGS

(<3gfat per serving)

4oz. plain low-fat yogurt

1 - 16oz. salmon filet - skinned

8 oz. parmesan cheese

1 lb. ground chicken breast

8oz. low-fat sour cream

12 eggs

4oz. part-skim mozzarella

2 lb. skinless/boneless chicken breast

8oz. low-fat milk

4oz. low-fat sour cream

3/4C reduced fat cheddar

GROCERY

1-quart olive oil

salt

garlic powder

pepper

paprika

chili powder

1/4C sundried tomatoes

mushroom soup

1/4C sherry

3C cooked black beans

1T cocoa powder

1 - 4.5oz. can chopped green chilies

1T Dijon mustard

1T anchovy paste

1T red wine vinegar

2T brown sugar

ground cumin

dried oregano

dried dill

1 - 14.5oz. can low-fat cream of

4C low sodium chicken or veggie stock

1/2C salsa

1T Worcestershire sauce

1T balsamic vinegar