

Beat the Diet Blues

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Grocery List

This list is a guide and once again the products I used ... feel free to substitute products to your preference. Read labels for calorie and sugar info as well as serving quantities.

Meats and Fish	Vegetables	Fruits	Groceries
Boneless Chicken	Bag Iceberg Salad Mix	Watermelon	Ken's Italian Dressing with Extra Virgin Olive Oil
Boneless Pork Cutlets	Bag Romaine Salad Mix	Pineapple	Wishbone Lemon Herb with Extra Virgin Olive Oil
Filet Mignon	Bag Baby Spinach	Canteloupe	Wishbone Deluxe French Dressing
Boneless London Broil	Bag Kale and Spinach	Honeydew Melon	Wishbone Raspberry Hazelnut Vinaigrette
96% Ground Beef	Fresh or Frozen Green Beans	Golden Honeydew	Hidden Valley Fat Free Ranch
99% Ground Turkey	Fresh or Frozen Peas	Grapes	Kraft Lite Raspberry Vinaigrette
Gorton Grilled Salmon	Broccoli (Stalk or Bag)	Blueberries	
Gorton Grilled Talapia	Head of Lettuce	Strawberries	Splenda Naturals Stevia (bag)
Great Value Cod Fillets	Head of Romaine Lettuce	Raspberries	Country Crock Shedd's Spread
BumbleBee or Starkist		Blackberries	Motts Unsweetened Applesauce
Canned Salmon		Apples	Jif Whips Whipped Peanut Butter
Canned Starkist Tuna Albacore or Regular			Joseph's Heart Friendly Pita Bread
			Bush's Black Beans
			Log Cabin Lite Maple Syrup
			Lakanto Sugar Free Maple Syrup
			Hungry Jack Complete Pancake Mix
			Zevia Soda Pop
			Blue Sky Soda Pop
			Live Soda Pop with Probiotics
			Bai Infusion Beverages
			Kool Aid