

HEALTHY GROCERY SHOPPING LIST

In the Refrigerator

- Fresh Vegetables, Fruit
- Snack Size Pudding
- Jell-O
- Full Circle Organic Milk, Soy milk
- Spartan Reduced Fat Cheeses
String, Cottage, Ricotta,
Parmesan, Cream, Cheddar, Mozzarella, Swiss
- Full Circle Organic Eggs
- Egg Whites, Egg Beaters
- Spartan Reduced-Fat Sour Cream
- Lean Deli Meats
- Spartan Whole Wheat and Corn Tortillas
- Spartan Non-Fat Yogurt
- Minced Garlic
- Full Circle Organic Sauces
- Worcestershire, Soy, Teriyaki, Chili
- Full Circle Organic Ketchup
- Spartan Mustard (Spicy or Dijon)
- Full Circle Organic Salad Dressings
- Full Circle Organic Salsa
- Full Circle Organic Applesauce

In the Cupboard

- Low Sodium or Sodium Free Spices
- Spartan Garlic Powder, Chili Powder
- Oregano, Mrs. Dash
- Full Circle Organic Beans
- Black, Pinto, Kidney, Chickpeas, Lentils, Refried
- Spartan Whole Grain Bread
- Full Circle Organic Rice
- Full Circle Organic Pasta
- Full Circle Organic Soy Crisps
- Whole Wheat Crackers
- Full Circle Microwave Popcorn
- Full Circle Organic Cereals
- Full Circle Organic Canned Tomatoes
- Full Circle Organic Canned Vegetables
- Full Circle Organic Canned and Dried Fruits
- Full Circle Organic Sauces
- Pasta, Pizza, Tomato
- Full Circle Organic Soups
- Broth and Bouillon, Dried Soup Mixes,
Reduced Fat Cream Soups
- Meats
- Canned Tuna, Salmon, Chicken, Turkey
- Canned Chili (lean beef, turkey or bean)
- Full Circle Organic Peanut Butter
- Full Circle Organic Seeds and Soy Nuts
- Almonds, Peanuts, Walnuts, Pecans
- Spartan Evaporated Milk (reduced fat)
- Spartan Vinegars
- Cider, Red, White Wine, Balsamic
- Full Circle Organic Oils
- Olive, Canola, Vegetable, Peanut oil
- Non-Fat Cooking Spray
- Full Circle Organic Tortilla Chips, Potato Chips

In the Freezer

- Lean Frozen Dinner Entrees
- Full Circle Organic Frozen Vegetables, Fruits
- Frozen Stir-Fry Vegetable Mix
- Meats:
Chicken Breast, Lean Ground Turkey Breast,
Extra Lean Hamburger
- Fish:
Red Snapper, Salmon, Orange Roughy, Cod,
Flounder, Sole
- Low Fat Ice Cream:
Fudge Popsicles, Sugar Free Popsicles,
Frozen Yogurt, Sorbet
- Spartan Breads
- Dinner Rolls, English Muffins, Bagels

For more healthy tips and recipes visit
Heather Leets, Spartan Stores Dietitian, @
<http://www.familyfaresstores.com/>.
Click on To Your Good Life.