

Designed for Women™
SLIMQUICK®

14 DAY GROCERY LIST



BAKERY

- 1 - Small Pkg. whole wheat bread (100)
- 1 - Loaf whole wheat pita (74)



**FRUIT
CANNED**

- 2 - Large cans pineapple chunks in LITE syrup
- 6 - 4 oz. containers unsweetened applesauce



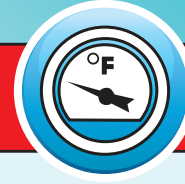
**DAIRY/
DELI**

- ½ Cup shredded/grated motz. Cheese (light)
- 1 - Small block LOW Fat cheddar cheese
- 1 - 24 oz. cottage cheese (low fat - 1% milk)
- 1 - Galon non-fat skim Milk
- 2 - pkgs. turkey pepperoni
- 2 - Slices lean bacon (to be cumbled for salad)
- ½ Cup shredded/grated motz. Cheese (light)
- 3 - 6oz. Containers vanilla yogurt (80)
- 3 - 6oz. Containers any flavor yogurt (80)
- 12 - Eggs
- 16 - Slices lean deli style ham



DRESSING

- 1 - Small container fat-free italian dressing
- 1 - Small container fat-free ranch dressing
- 1 - Small container honey
- 1 - Small container light soy sauce
- 1 - Small container lite mayo
- 1 - Small container mustard
- 1 - Small container olive oil



FROZEN

- 1 - Small package frozen corn
- 1 - 12 oz. bag frozen mixed berries
- 3 - 3 oz. frozen turkey patty (150)
- 5 - Frozen fudge bars (100)



GROCERY

- 1 - Small can black beans
- 1 - Small can pinto beans
- 1 - Small container bbq sauce (low sugar and at least 12 oz.)
- 1 - Small container low-fat granola (105)
- 1 - Small container oatmeal - non instant
- 1 - Small container peanut butter (180 - skippy natural creamy)
- 1 - Small container sugar-free jam
- 1 - Small jar tomato sauce - (low sugar and at least 8 oz.)
- 1 - Small package curly pasta - corkscrew or fusilli
- 3 - 3 oz. cans lite tuna in water
- 5 - 100 Calorie packages microwave popcorn
- Chili powder
- Cinnamon spice
- Cumin spice



**PRODUCE
VEGETABLES**

- 1 - Small head cauliflower
- 1 - Green bell pepper
- 1 - Red bell pepper
- 1 - Medium onion
- 2 - Small bunches Celery
- 2 - Cups carrots
- 2 - Cups green beans
- 2 - Gloves garlic
- 2 - Large heads romain lettuce
- 2 - Large heads broccoli
- 9 - Tomatoes



**PRODUCE
FRUIT**

- 1 - Container strawberries
- 1 - Large bunch of seedless grapes
- 1 - Lemon (for fresh juice and rind)
- 1½ Cup blueberries
- 2 - Oranges
- 2 - Small cantaloupes
- 5 - Medium apples
- 7 - Medium bananas
- Lime Juice



MEAT

- 1 - 4 oz. Lean new york steak
- 1 - 4 oz. Pink salmon steak
- 2 - 3 oz. White fish steaks
- 4 - Chicken breasts (fresh or frozen)



NUTS

- 1 - Container raw almonds - no salt added
- 1 - Small package dried cranberries