

MY HEALTHY MEAL GROCERY LIST

The Basics of a Healthy Meal

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- ☐ FRESH FRUITS
 - ☐ FRESH VEGETABLES
 - ☐ WHOLE GRAINS
 - ☐ LEAN MEAT
 - ☐ BROWN RICE
 - ☐ WHOLE WHEAT PASTA
 - ☐ LOW FAT DRESSING
 - ☐ LOW SODIUM CONDIMENTS
 - ☐ LOW FAT DAIRY MILK / NUT MILK
 - ☐ DRIED FRUIT, NUTS & SEEDS
 - ☐ LOW SUGAR REAL FRUIT JUICE
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