

Shopping List

Meat/Protein

- 4 boneless pork chops
- 1 lb. deli turkey
- Black beans or kidney beans
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Fridge/Freezer

- Low fat Greek Yogurt
- 2 dozen eggs
- Reduced fat milk
- Shredded cheese (choice)
- String cheese
- Bag of mixed frozen fruit
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Fridge/Freezer

- Low fat Greek Yogurt
- 2 dozen eggs
- Reduced fat milk
- Shredded cheese (choice)
- String cheese
- Bag of mixed frozen fruit
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Pantry

- Oats
- Peanut butter
- Bread (for sandwiches)
- 2 boxes whole wheat rotini pasta
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