



Quick & Healthy *Grocery List*

Fresh Vegetables

2 tablespoons green onion

2 tablespoons celery

Fresh Fruit**Cereals/Canned/Packaged Foods**

14 .75 ounces canned red salmon

Staples/Spices

ground black pepper liquid smoke lemon juice

Worcestershire sauce

Paper/Cleaning Products**Bread****Meat/Poultry/Seafood****Milk/Yogurt/Cheese/Eggs**

12 ounces fat-free cream cheese (tub)

1/2 cup fat-free sour cream

Frozen Foods**Miscellaneous**

Above Ingredients are for Smoked Salmon Spread.



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