



Quick & Healthy *Grocery List*

Fresh Vegetables

Fresh Fruit

lemon slices (optional)

Cereals/Canned/Packaged Foods

1/4 cup cornflake crumbs

Staples/Spices

ground black pepper, salt (optional)

lemon juice , minced garlic(or fresh)

Paper/Cleaning Products

Bread

Meat/Poultry/Seafood

Milk/Yogurt/Cheese/Eggs

1 pound skinless, boneless chicken breasts

Frozen Foods

Miscellaneous

Above ingredients are for Lemon Garlic Chicken



Quick & Healthy *Grocery List*

Fresh Vegetables

Fresh Fruit

Cereals/Canned/Packaged Foods

Staples/Spices

Paper/Cleaning Products

Bread

Meat/Poultry/Seafood

Milk/Yogurt/Cheese/Eggs

Frozen Foods

Miscellaneous