



# Quick & Healthy *Grocery List*

**Fresh Vegetables**


**Fresh Fruit**

*2 cups fresh berries (or frozen) such as raspberries,  
blueberries, or huckleberries*

**Cereals/Canned/Packaged Foods**

*1 box (1 ounce) sugar-free instant white chocolate pudding*


**Staples/Spices**


**Paper/Cleaning Products**


**Bread**

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**Meat/Poultry/Seafood**


**Milk/Yogurt/Cheese/Eggs**

*2 cups nonfat milk*

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**Frozen Foods**

*2 cups nonfat whipped topping*

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**Miscellaneous**


*Above ingredients are for White Chocolate Mousse With Berries*



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**Cereals/Canned/Packaged Foods**


**Staples/Spices**


**Paper/Cleaning Products**


**Bread**

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**Meat/Poultry/Seafood**


**Milk/Yogurt/Cheese/Eggs**


**Frozen Foods**


**Miscellaneous**
