



Quick & Healthy Grocery List

Fresh Vegetables

1 medium onion

4 cups chopped cabbage (about 10 ounces)

Fresh Fruit

Cereals/Canned/Packaged Foods

4 ounces egg noodles (eggless)

1 can (10.75 ounces) reduced-fat cream of celery soup

Staples/Spices

ground black pepper, salt (optional)

Paper/Cleaning Products

Bread

Meat/Poultry/Seafood

1 pound extra lean ground turkey or beef (7% fat)

Milk/Yogurt/Cheese/Eggs

Frozen Foods

Miscellaneous

Above ingredients are for Creamy Cabbage Stir-Fry



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