



Quick & Healthy Grocery List

Fresh Vegetables

1 medium eggplant (about 1 1/2 -2 lbs.)

Fresh Fruit

Cereals/Canned/Packaged Foods

2 1/2 cups spaghetti sauce (less than 4 g. fat per 4 oz.)

Staples/Spices

Paper/Cleaning Products

Bread

Meat/Poultry/Seafood

Milk/Yogurt/Cheese/Eggs

4 ounces grated part-skim mozzarella cheese

grated Parmesan cheese (optional)

Frozen Foods

Miscellaneous

Above ingredients are for Eggplant Parmesan



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