



# Quick & Healthy *Grocery List*

**Fresh Vegetables**

*1 onion*

*2 cups sliced celery*

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

*1 cup fat-free beef broth*

*1 can (16 ounces) bean sprouts (or fresh)*

**Staples/Spices**

*lite soy sauce, salt (optional), cornstarch, ground ginger*

*1 tablespoon molasses*

**Paper/Cleaning Products****Bread****Meat/Poultry/Seafood**

*1 pound boneless pork tenderloin*

**Milk/Yogurt/Cheese/Eggs****Frozen Foods****Miscellaneous**

*Above ingredients are for Pork Chop Suey*



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