



Quick & Healthy *Grocery List*

Fresh Vegetables

10-12 ounces mixed salad greens

Fresh Fruit

2 pears

Cereals/Canned/Packaged Foods

1/2 cup reduced-fat raspberry salad dressing

Staples/Spices

lemon juice

Paper/Cleaning Products

Bread

Meat/Poultry/Seafood

Milk/Yogurt/Cheese/Eggs

Frozen Foods

Miscellaneous

1/4 cup chopped walnuts or almonds

Above ingredients are for Pear Salad with Raspberry Dressing



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