



# Quick & Healthy *Grocery List*

## Fresh Vegetables

## Fresh Fruit

## Cereals/Canned/Packaged Foods

*1 package au jus gravy mix (try French's Brand)*

## Staples/Spices

## Paper/Cleaning Products

## Bread

*4 long whole grain rolls, 2 ounces each*

## Meat/Poultry/Seafood

*8 ounces cooked turkey slices*

## Milk/Yogurt/Cheese/Eggs

*2 ounces reduced-fat mozzarella cheese, (1/2 cup) grated*

## Frozen Foods

## Miscellaneous

*Above ingredients are for Turkey French Dips*



# Quick & Healthy *Grocery List*

## Fresh Vegetables

## Fresh Fruit

## Cereals/Canned/Packaged Foods

## Staples/Spices

## Paper/Cleaning Products

## Bread

## Meat/Poultry/Seafood

## Milk/Yogurt/Cheese/Eggs

## Frozen Foods

## Miscellaneous