



# Quick & Healthy Grocery List

### Fresh Vegetables

*1 tablespoon minced fresh ginger*

*1 bunch green onions, 1 medium red bell pepper*

### Fresh Fruit

### Cereals/Canned/Packaged Foods

*1 can (11 ounces) mandarin oranges*

*3/4 cup fat-free chicken broth*

*1 can (8 ounces) sliced water chestnuts*

*brown rice or noodles (optional)*

### Staples/Spices

*lite soy sauce (optional), cornstarch*

### Paper/Cleaning Products

### Bread

### Meat/Poultry/Seafood

*1 pound scallops or shrimp (shelled & deveined)*

### Milk/Yogurt/Cheese/Eggs

### Frozen Foods

### Miscellaneous

*Above ingredients are for Mandarin Orange Seafood*



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