

Shopping list

**Shopping List**

Produce:

Lemon

Onion

Kale

Winter squash (cut up)

Brussel sprouts

Red cabbage

Red onion

**Pantry:**

Brown rice

Olive oil

Mrs. Dash

Vinegar

Low sodium broth

Whole grain wraps

**Deli:**

100 calorie packets of guacamole

**Meat**

Boneless chicken breast

Pork Tenderloin