

## Shopping list

### Produce:

- <sup>35</sup>/<sub>17</sub> Lemon
- <sup>35</sup>/<sub>17</sub> Onion
- <sup>35</sup>/<sub>17</sub> Kale
- <sup>35</sup>/<sub>17</sub> Winter squash (cut up)
- <sup>35</sup>/<sub>17</sub> Brussel sprouts
- <sup>35</sup>/<sub>17</sub> Red cabbage
- <sup>35</sup>/<sub>17</sub> Red onion

### Pantry

- <sup>35</sup>/<sub>17</sub> Olive oil
- <sup>35</sup>/<sub>17</sub> Mrs. Dash
- <sup>35</sup>/<sub>17</sub> Vinegar

### Deli:

- <sup>35</sup>/<sub>17</sub> 100 calorie packets of guacamole

### Misc.

- <sup>35</sup>/<sub>17</sub> Low sodium broth
- <sup>35</sup>/<sub>17</sub> Whole grain wraps
- <sup>35</sup>/<sub>17</sub> Brown rice

### Meat

- <sup>35</sup>/<sub>17</sub> Boneless chicken breast
- <sup>35</sup>/<sub>17</sub> Pork tenderloin (or cutlets)