

# Let's Cook! Shopping List

To download and print more shopping lists, go to [bit.ly/expletscook](http://bit.ly/expletscook).

## Recipes I Plan to Make:

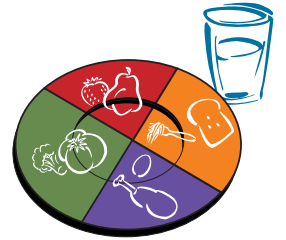
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### ✓ Check to see I have these foods:

### Foods I need to buy today:

<b>GRAINS</b> 	<input type="checkbox"/> instant brown rice <input type="checkbox"/> whole grain cereal <input type="checkbox"/> whole grain pasta <input type="checkbox"/> whole wheat bread <input type="checkbox"/> _____	<hr/> <hr/> <hr/> <hr/>
<b>VEGETABLES</b> 	<input type="checkbox"/> frozen vegetables <input type="checkbox"/> leafy greens <input type="checkbox"/> onions <input type="checkbox"/> tomatoes <input type="checkbox"/> _____	<hr/> <hr/> <hr/> <hr/>
<b>FRUITS</b> 	<input type="checkbox"/> apples <input type="checkbox"/> bananas <input type="checkbox"/> oranges <input type="checkbox"/> raisins <input type="checkbox"/> _____	<hr/> <hr/> <hr/> <hr/>
<b>DAIRY</b> 	<input type="checkbox"/> low-fat milk <input type="checkbox"/> low-fat yogurt <input type="checkbox"/> reduced-fat cheese <input type="checkbox"/> string cheese <input type="checkbox"/> _____	<hr/> <hr/> <hr/> <hr/>
<b>PROTEIN</b> 	<input type="checkbox"/> canned tuna in water <input type="checkbox"/> chicken breasts <input type="checkbox"/> eggs <input type="checkbox"/> lean ground turkey or extra lean ground beef <input type="checkbox"/> _____	<hr/> <hr/> <hr/> <hr/>
<b>OTHER</b> 	<input type="checkbox"/> canned low-sodium soup <input type="checkbox"/> low-sugar jam/jelly <input type="checkbox"/> olive oil <input type="checkbox"/> soft-tub margarine <input type="checkbox"/> _____	<hr/> <hr/> <hr/> <hr/>