

MELANIE LANDANO'S WEEKLY SHOPPING LIST

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Produce

- 2 Bags of Fresh Spinach
- 4 Containers of Olivia's Salad (already prepared in a plastic container, great to take out with you for lunch) I always get the 50/50 Blend with spring mix and spinach
- 4 Cucumbers
- 4 Tomatoes
- 1 Bag of shredded carrots
- 1 Celery Package
- 2 Red Peppers/2 Green Peppers
- 4 Nectarines
- 4 Bananas
- 1 container of blueberries, or strawberries
- 2 Sweet Potatoes



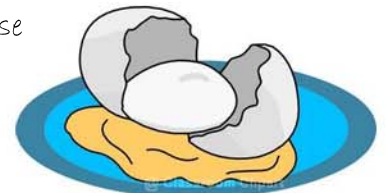
Meat

- 2 packages of Ground Turkey
- 4 Packages of sliced chicken breasts
- 1 package of turkey chops



Dairy

- 1 package of Low Shredded Low Moisture Part Skim Mozzarella Cheese
- 4 Containers of 100% Liquid Egg Whites
- 1 1/2 Gallon of 2% Milk
- 1 Package of Fat Free /Sugar Free Jello Pudding Snacks
- 1 Container of Fat Free Cool Whip



Grains / Good Carbs

- 1 Package of whole wheat low carb wraps
- 1 Container of Steel Oats Oatmeal
- 1 Box of Quinoa (or Brown Rice)
- 1 Box of Whole Grain Pasta
- 2 Cans Chick Peas or Black Beans



Miscellaneous Products

- 1 Can Pam Non Stick Spray
- 1 Case Bottled Water
- 5 Bags of Frozen Veggies (Broccoli, String Beans or Mixed Blend)
- 1 Bottle Extra Virgin Olive Oil
- 1 Bottle Balsamic Vinegar (or Red Wine Vinegar)

