



Grocery List

1. Lean protein

Grid of 20 columns and 10 rows of dots for writing.

2. Healthy fats and oils

Grid of 20 columns and 10 rows of dots for writing.

3. Green vegetables and salad

Grid of 20 columns and 10 rows of dots for writing.

4. Healthy snacks and condiments

Grid of 20 columns and 10 rows of dots for writing.