

# Make a Great Grocery List in Minutes

Having a well-planned grocery list gets you in and out of the store quickly and helps you stick to your healthy eating plan.

- ☐ Bakery and Bread
- ☐ Meat and Seafood
- ☐ Pasta and Rice
- ☐ Oils, Sauces, Salad Dressings, and Condiments
- ☐ Cereals and Breakfast Foods
- ☐ Soups and Canned Goods
- ☐ Frozen Foods
- ☐ Dairy, Cheese, and Eggs
- ☐ Snacks and Crackers
- ☐ Produce
- ☐ Drinks