

Drop-Pounds-Fast Diet: Your Shopping List

Shop only once this week. Use a list to get everything you need, so you won't have to go into dangerous territorythe supermarketduring your diet week. Here's everything you need to lose 5 pounds this week.

- ☐ Breads and grains
- ☐ Dairy and eggs
- ☐ Meats
- ☐ Fresh produce:
- ☐ Frozen items
- ☐ Snack aisle
- ☐ Pantry staples:
- ☐ Other