Joy Bauer's budget-friendly grocery list and meal plan to hep you lose 10 pounds

Looking to lose weight but don't have a lot of time to plan out meals? We've got you covered! I've created a simple 30-item shopping list you can take to the store that will give you everything you need to make easy, healthy meals and snacks each day for a week.

- [ ] VEGETABLES
- [ ] STARCHY VEGETABLES
- [ ] FRUIT
- [ ] PROTEINS
- [ ] DAIRY
- [ ] WHOLE GRAINS
- [ ] CONDIMENTS/PANTRY

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