

Joy Bauer's budget-friendly grocery list and meal plan to help 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