**GROCERY LIST**

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| **Fruits and Vegetables** |  | **Breads, Rice, Cereal, Pasta** |
| GO: Apples | GO: Whole grain bread |
| GO: Spinach | GO: |
| GO: | GO: |
| GO: | GO: |
| GO: | SLOW: White rice |
| GO: | SLOW: |
| GO: | SLOW: |
| GO: | SLOW: |
|  |
| **Meat, Poultry, Fish, Eggs** |  | **Milk, Cheese, Yogurt** |
| GO: Chicken breasts | GO: Low-fat or fat-free yogurt |
| GO: | GO: Fat-free milk |
| GO: | GO: |
| GO: | GO: |
| SLOW: Whole eggs | GO: |
|  |  |  |
|  |
| **Packaged Foods** |  | **Fats, Oils, Sugar** |
| GO: Canned pineapple in its own juice | SLOW: Olive oil |
| GO: |  |
| GO: |  |
| GO: |  |
| SLOW: Frozen pizza |  |
| SLOW: |  |
| SLOW: | Other (household items) |