

# Shopping List Chichos!

### VEGETABLES

## FRUITS

#### PROTEIN

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#### GRAINS

- Frozen fruits and vegetables saves you
- money on out of season foods!
  Choose 1% or non-fat dairy products, try plant based as well!
- Beans and canned fish are great sources of protein.
- Choose breads that have five ingredients or less and have "whole wheat" in the ingredients list.
- · Meats with high % lean and low % fat are better for you.
- Beware of added sugar in bread products
- Don't go shopping hungry!