

Sample 4-Day Cycle Grocery List  
Created by Wendy Jo Peterson, RD

<b>Fruits/Vegetables</b>	
Celery	1
Onion	2
Bell Pepper, green	2
Garlic	1
Bell Pepper, red	2
Jalapeno	1
Limes	2
Cilantro	1
Pico de Gallo	1
Guacamole	1
Lettuce	2
Carrots	1
<b>Dry Goods</b>	
Chicken Broth	9 cps
Brown Rice	1 pkg
Diced Tomatoes	2 cans
Tortilla Chips	1 bag
Peanuts	1 cup
French Bread	1 lb
Cornbread	2 bags
Asian Dressing	1 bottle
<b>Frozen Goods</b>	
Stir Fry Vegetables	1-2 bags
<b>Dairy</b>	
Monterey Jack Cheese	1 lb
<b>Meat</b>	
Chicken Breast	3 lbs
Chicken Thighs	2 lbs
Turkey Sausage, link	1 pkg
<b>Seasonings</b>	
Creole	
Hot Pepper Sauce	
Bay leaves	
Corn Starch	
Teriyaki Sauce	
Soy Sauce	
Ginger	
Cayenne Pepper	
Cumin	