

Appendix F

My BEST BODY Shopping List (think perimeter!)

Fresh produce (did you get all colors of the rainbow?)

_____	_____
_____	_____
_____	_____
_____	_____

Lean meats (fish, poultry & round or loin cuts of pork/beef)

_____	_____
_____	_____
_____	_____
_____	_____

Whole grains, cereals and beans

_____	_____
_____	_____
_____	_____
_____	_____

Low sodium canned goods and dried fruits

_____	_____
_____	_____

Dairy, eggs, and frozen foods

_____	_____
_____	_____
_____	_____
_____	_____