

Shopping List

As you plan meals, use this shopping list to jot down any ingredients you'll need at the store. Photocopy this to use from week to week or use the digital version at thehealthy.com/reversediabetes/shoppinglist. You'll find a filled-in example of this list on page 179.

PRODUCE

FROZEN FOODS

PACKAGED GOODS

BEVERAGES

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

REFRIGERATED FOODS

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

OTHER

MEAT AND POULTRY

SNACKS

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

DELI

FISH

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

