

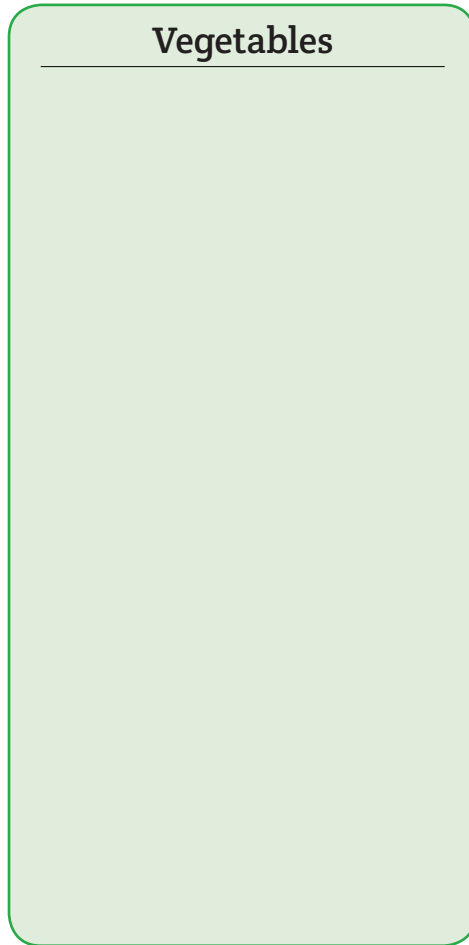
Make a Healthy Grocery List

The best way to set yourself up for healthy eating is to be a smart and savvy shopper. One way to steer clear of those tempting treats at the checkout counter is to come to the grocery store with an organized list. Use the template below to help you organize your list according to healthiest foods.

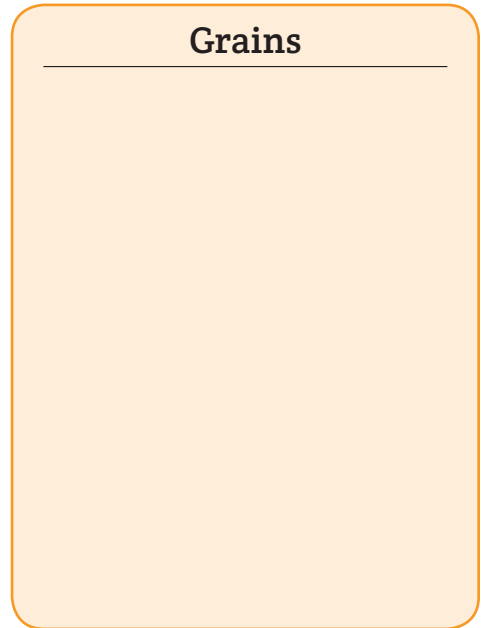
Fruits



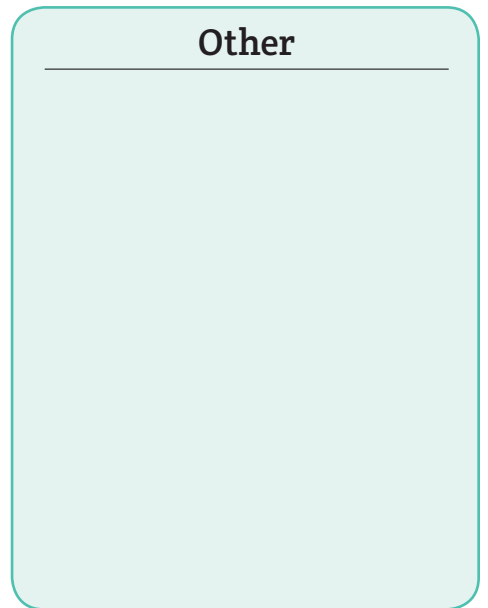
Vegetables



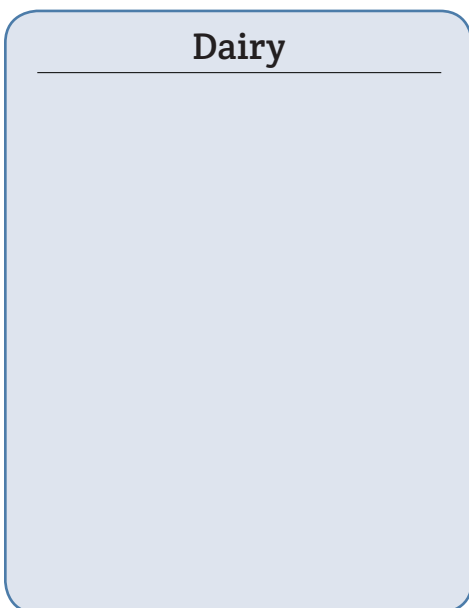
Grains



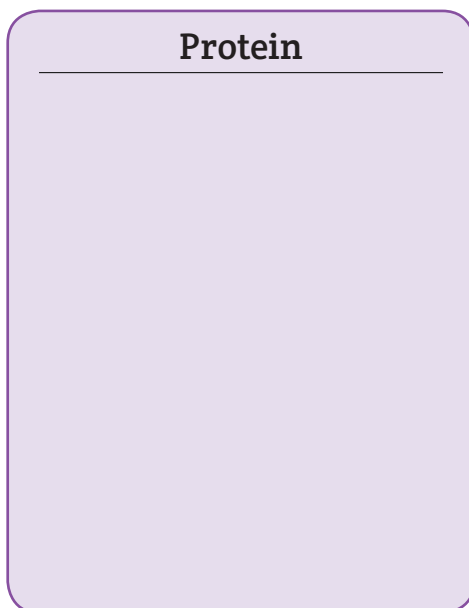
Other



Dairy



Protein



Treats

