

DIET BITES QUICK MEALS



My Shopping List for Quick Meals

Bakery/Deli Aisle

Pasta (Fresh & Pre-packaged)
1 Container of Prepared Manwich
Link Sausage
Breadsticks
Hamburger Buns (Small)
Hot Dog Buns

Produce Aisle

Baby Carrots
1 Onion, any variety
Leaf Lettuce
1 Tomato
Bagged Salad (2)
Shredded Cabbage & Carrots

Dairy Case

Mozzarella Cheese
Buttermilk Biscuits (canned or frozen)
Milk

Canned/Dry Goods Aisle

Chili
Campbell's Steak & Potato Soup
Light Salad Dressing
Spaghetti Sauce (Can or Jar)
Sliced Pickles
Light Miracle Whip
Celery Salt (if desired)
Salt
Pepper
Splenda or Sugar
Baked Beans
Corn Chips
Baked Potato Chips (Small Bag)

Frozen Aisle

Pizza