

# GROCERY LIST FOR EARLY SOBRIETY



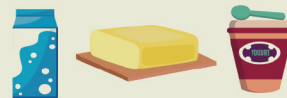
## LEAN PROTEINS

Beans, Poultry, Eggs, Fish, and Turkey.



## DAIRY

Low-fat Milk, Cottage Cheese, Egg Substitutes, Butter Spreads, Soy Milk and Yogurt.



## FRESH FRUITS & VEGETABLES

Strawberries, Bananas, Oranges, Blueberries, Sweet Potatoes, Apples, Spinach, Carrots and Broccoli.



## WHOLE GRAINS

Pasta, Bread and Brown Rice. Look for whole wheat on package.



## SMART SNACKS

Hard-boiled Eggs, Crackers, Nuts, Tuna, Pretzels, Cheese, Peanut Butter, Dark Chocolate, & Dried Fruit.



## OILS, SAUCES & CONDIMENTS

Look for sugar-free and low-sodium varieties.



## HEALTHY DRINKS

100% Fruit Juices, Green Tea and Bottled Water.

