# Holiday Party Shopping List

## Dairy

- ☐ fat-free sour cream
- ☐ low-fat cream cheese
- ☐ eggs
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

## Meat and Poultry

- ☐ 12 ounces boneless sirloin steak
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

## Fruits and Vegetables

- ☐ medium cucumber
- ☐ 2 medium green onions
- ☐ medium onion
- ☐ medium green bell pepper
- ☐ medium red bell pepper
- ☐ 8 ounces medium-large button mushrooms
- ☐ 4 medium garlic cloves
- ☐ 14.5-ounce can no-salt-added stewed tomatoes, undrained
- ☐ 2.5-ounce jar baby food pureed prunes
- ☐ fresh lemon juice
- ☐ _____
- ☐ _____
- ☐ _____

## Pasta Sauces and Grains

- ☐ uncooked brown rice
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

## Beverages

- ☐ instant coffee granules
- ☐ dry red wine (regular or nonalcoholic)
- ☐ _____
- ☐ _____
- ☐ _____

## Frozen Foods

- ☐ 8 ounces frozen fat-free whipped topping
- ☐ 2 12-ounce packages frozen unsweetened raspberries
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

## Baking Aisle

- ☐ sliced almonds (plain and dry-roasted)
- ☐ salt-free extra-spicy seasoning blend
- ☐ salt-free lemon pepper seasoning blend
- ☐ dried basil
- ☐ dried oregano
- ☐ salt
- ☐ 18.25-ounce box devil's food cake mix
- ☐ olive oil
- ☐ canola or corn oil
- ☐ sugar
- ☐ cornstarch
- ☐ vanilla extract
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

## Other Items

- ☐ soy sauce (lowest sodium available)
- ☐ red wine vinegar
- ☐ balsamic vinegar
- ☐ _____
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