

## **Week Eight Grocery List**

### **Produce:**

- 1 medium spaghetti squash
- 2 medium russet potatoes
- 1 small onion
- 1 cucumber
- 1 lemon

### **Meat:**

- 1 lb boneless, skinless chicken breast
- 1 lb ground turkey
- ½ lb lean ground beef
- 4 tilapia fillets
- 2 cans low-sodium tuna

### **Canned/Dry Goods:**

- 1 can low-sodium diced tomatoes
- 1 can low-sodium chickpeas
- ½ cup breadcrumbs

### **Frozen:**

- 1 cup frozen broccoli

### **Dairy:**

- 1 cup skim milk
- ¾ cup grated parmesan cheese