

Patient Educational Handout







ce Corporation, a Mutual Legal Reserve Cor f the Blue Cross and Blue Shield Association

Shopping List

Produce

- 1 orange bell pepper
- 1 red onion
- 1 yellow onion
- 1 zucchini
- 10 oz cherry tomatoes
- 1 lemon
- 2 celery stalks
- Garlic
- Italian flat leaf parsley

Meat/Poultry

• 4 white fish fillets, skinless

Dairy

• 6 oz crumbled feta

Center aisles*

- Barley, quick cooking
- 16 oz vegetable broth, unsalted (or water) •
- 1 can green olives
- Canola oil
- Red wine vinegar

- Bay leaves
- Dried oregano
- Salt
- Black pepper
- Paprika

*You may already have some of these items in your pantry