



GROCERY LIST



Canadian
Cancer
Society

Healthy
Workplaces

Powered
by



Sugar-free Grocery Items



Canadian
Cancer
Society

Healthy
Workplaces

Powered
by
IA
Financial Group

Fruits _____

Vegetables _____

Avocados _____

Almonds _____

Walnuts _____

Plain Yogurt _____

Oats _____

Sparkling water _____

Peanut Butter /
Almond Butter _____

Whole Grain Bread _____

Dates _____

Brown Rice _____

Hummus _____

Eggs _____

Herbal tea _____

Coffee _____