

## Checklists & Charts: Get Wedding-Ready Grocery List

from Martha Stewart Weddings | [www.marthastewartweddings.com/get-wedding-ready](http://www.marthastewartweddings.com/get-wedding-ready)

### ANTIOXIDANTS

- ☐ Berries
- ☐ Pecans
- ☐ Green Tea
- ☐ Kiwi
- ☐ Prunes
- ☐ Artichokes
- ☐ Pinto Beans

### BETA-CAROTENE

- ☐ Sweet Potatoes
- ☐ Carrots
- ☐ Winter Squash
- ☐ Spinach
- ☐ Kale

### CALCIUM

- ☐ Low-fat milk
- ☐ Low-fat yogurt
- ☐ Low-fat cheese

### HEALTHY FATS

- ☐ Flaxseed oil
- ☐ Salmon
- ☐ Walnuts
- ☐ Avocado
- ☐ Olive Oil

### PROTEIN

- ☐ Chicken
- ☐ Beef
- ☐ Beans
- ☐ Tuna
- ☐ Eggs
- ☐ Quinoa
- ☐ Tofu
- ☐ Nuts

### SELENIUM

- ☐ Whole-grain bread
- ☐ Oatmeal
- ☐ Shrimp
- ☐ Turkey
- ☐ Mushrooms
- ☐ Brazil Nuts