Smart Shopping List

| Green Light "Go" Foods | Yellow Light |
|---------------------------|------------------------|
| | _ □ |
| | _ □ |
| | _ □ |
| | _ □ |
| | _ □ |
| | _ □ |
| | _ □ |
| | _ □ |
| | _ □ |
| | _ □ |
| | _ □ |
| | _ □ |
| | _ □ |
| | _ □ |
| | _ □ |
| | _ □ |
| | _ □ |
| | - Red Light |
| | "Stop and Think" Foods |
| | |
| | D |
| | _ D |
| | _ 0 |
| | _ □ |

© 2021 Dr. Sears Wellness Institute