

Live HealthSmart

GROCERY LIST

Produce:

- Small bag of frozen blueberries
- 1 small container of mixed greens
- 2 large red onions
- 1 yellow onion
- 1 bunch of celery
- 5 medium/large apples of choice
- 1 green bell pepper
- 3 roma tomatoes
- 1 package of fresh basil

Perishable Items:

- Half-gallon non-fat milk
- 1 lb. Deli turkey or preferred sliced turkey
- 1 block of cream cheese
- 1 lb. ground chicken
- 1 dozen eggs
- 1 block cheddar cheese
- 1 16 oz bag mozzarella cheese
- 1 small package turkey bacon
- 1 32 oz container plain greek yogurt
- 1 lb. ground turkey
- 1 lb. beef stew meat

Other Items:

- 1 small container old fashioned oats
- 1 16 oz jar of peanut butter
- 1 package whole wheat tortillas (12)
- 1 24-32 oz can of mandarin oranges in Water
- 1 32 oz can of green beans, no sodium added
- 1 package of whole wheat hamburger buns (4)
- 2 16 oz cans of diced tomatoes, no sodium added
- 1 16 oz can of mushrooms, no sodium added
- 1 12.5 oz can white chunk chicken
- 2 16 oz cans of marinara sauce
- 1 lb. whole wheat spaghetti noodles
- 1 small bag of brown rice
- 1 small bottle of soy sauce (10 oz)
- 1 16 oz can peas and carrots, no sodium added
- 1 box whole grain crackers

