Live HealthSmart
GROCERY LIST

PERISHABLE FOOD ITEMS

1 gallon 2% milk
1 bag frozen blueberries
1 bag fresh spinach
1 bag reduced-fat, shredded cheddar cheese
1 bag tilapia
2 yellow onions
6 small apples
2 oranges
1 container strawberries
1 container blueberries
1 bag grapes
1 dozen eggs
2 lbs. ground chicken
1 red bell pepper
1 small Parmesan cheese
1 lb. boneless chicken
NONPERISHABLE FOOD ITEMS
1 can quick oats
1 pack brown sugar
1 ground cinnamon
2 cans chickpeas
1 Lite Asian Toasted Sesame Dressing
1 box brown rice
1 mixed vegetable, canned
1 garlic powder
1 bag large wheat tortillas
1 bag medium wheat tortillas
2 black beans, canned
2 no salt added tomatoes, canned
8 spinach, canned
1 jar salsa
2 medium sweet potatoes
1 salt
1 pepper
1 jar peanut butter
1 bag whole wheat pasta
2 peas, canned
1 oil (canola or olive)
4 tuna packs
1 box non-salted crackers