

Live HealthSmart

GROCERY LIST

Perishable Food Items

Whole wheat tortillas (10-pack)
1 dozen eggs
4 Chicken breasts
Mozzarella cheese, 2 lb bag
Pita pockets, 12 total
1/2 gallon milk, low-fat or non-fat
1 container turkey lunch meat
6 Russet potatoes
6 bananas
4 whole apples
1 bag of spinach
1 lemon

Non-perishable Food Items

Salsa, 1 jar
Peanut butter, 1 jar
Pizza sauce, 1 jar
Pretzels, 16 oz bag
100% whole wheat pasta, 16 oz box
Diced tomatoes, 2 cans
Canned fruit, 2 cans
Black beans, 2 cans
Green beans, 2 cans
Chickpeas (garbanzo beans), 1 can
Sliced olives, 1 can
Oats, 18 oz canister
Olive/canola oil
Italian dressing, 1 bottle

