

LIVE HEALTHSMART

# GROCERY LIST

## Perishable Items

- 1/2 gallon milk
- 2 dozen eggs
- 32 oz. plain Greek yogurt
- Family size shredded cheese (48 oz. total)
- 4 apples
- 1 small bag red grapes
- 2 onions
- 1 bunch kale
- 1 container parmesan (8 oz.)
- 1 head garlic
- 1 green bell pepper
- 1 package strawberries
- 1 loaf whole wheat bread
- 1 package whole wheat tortillas

## Nonperishable Items

- 16 oz. quick oats
- 1 can peaches
- 1 can pineapple
- 12 oz. light brown sugar
- Cinnamon
- 1 can mushrooms
- 1 box rotini
- 1 box whole wheat spaghetti
- 1 can black beans
- 1 can corn
- 2 cans diced tomatoes
- 8 oz. yellow mustard
- 2 cans cannellini beans
- 16 oz. chicken broth
- 2 cans of green peas
- 2 can kidney beans
- 1 lb. white rice
- 16 oz. peanut butter

