

Live HealthSmart

GROCERY LIST

Perishable Food Items

- 4 Medium Apples
- 18 count large eggs
- 1- 8oz container parmesan cheese
- 1/2 gallon of milk, any fat percentage and type
- 1- 32 oz bag frozen California style vegetables
- 1- 16 oz bag frozen berry medley
- 1- 16oz bag shredded cheddar cheese
- 1- 20oz bag frozen onion and pepper mix
- 1- 10oz bag fresh spinach
- 1- 8 oz container sour cream
- 1- 12oz package chicken apple or smoked turkey sausage
- 1- large lemon
- 1- large container plain Greek yogurt
- 1- 1lb bag carrots

Nonperishable Food Items

- 15 oz jar mayonnaise
- 8 oz bottle mustard
- 10 count package whole wheat flour tortillas
- 2 6oz cans tuna in water
- 16 oz bottle olive oil
- 15 oz can mixed vegetables
- 32 oz package brown rice
- 1 small bottle low-sodium soy sauce
- 1- 12 oz box whole grain short pasta of choice
- 2- 32 oz containers low-sodium chicken broth
- 1 small jar tomato-based pasta sauce
- 1 can pureed sweet potatoes
- 1- 42oz canister quick cooking oats
- 1- 12.5oz jar maple syrup
- 1- 16oz jar peanut butter
- 1- 4oz can mushroom stems and pieces
- 3- 15.5oz cans low-sodium black beans
- 1- 12oz jar salsa
- 1- package low-sodium taco seasoning
- 1- 12.5oz can white chunk chicken
- 1- 8.9 oz box round O's cereal (such as Cheerios)
- 1- Package dry ranch dressing mix
- 1- salt and ground pepper set

