Live HealthSmart

GROCERY LIST

Perishable Food Items
1 Pack Pita Bread
Whole Wheat Tortillas (2 packs of 10)
1 Pack English Muffins
1.5 lb Ground Turkey
1 Dozen Large Eggs
2 Plain Greek Yogurt 5 oz Containers
32 oz Low-Fat Vanilla Yogurt
1 Pint Skim Milk
16 oz Shredded Mozzerella Cheese
1 Bag Spinach
1 Lime
1 Carton Fresh Strawberries
1 Carton Fresh Blueberries
1 Pineapple
2 Medium Onions
1 Bunch Celery
1 Bell Pepper (Color of Choice)
2 Apples
4 Bananas
1 Bag of Shredded Lettuce

Nonperishable Food Items
4 Cans of Tuna
1 Package of Pepperoni
2 Can Tomato Sauce
2 Cans of Peaches (in water)
2 Cans of Diced Tomatoes
2 Cans of Green Beans
1 Can (No-Salt Added) Black Beans
1 Jar of Peanut Butter
1 Carton of Rolled Oats
1 Pack of Spaghetti Noodles
Chili Powder
Southwest Seasoning Packet
Cinnamon
Sugar
Sriracha