

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 Mozzarella 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

