

# GROCERY LIST

## Non-Perishable Food Items

- 1 bag of frozen broccoli
- 1 10-oz. bag of frozen chopped spinach
- 1 box whole wheat spaghetti pasta
- 1 dozen medium eggs
- 1 16-oz. jar of peanut butter
- 2 8-oz. bags of 90-second brown rice
- 1 24-oz. canister of instant oatmeal
- 1 small bag of miniature chocolate chips
- 1 can of non-stick cooking spray
- 1 small bottle of soy sauce, low sodium

## Perishable Food Items

- 6 Bananas
- 1 half-gallon of skim milk
- 1 8-oz. bag of shredded cheddar cheese (low-fat)
- 1 pack of whole wheat wraps (10-12 count)
- 1 small bottle of Italian dressing
- 1 16-oz. container of low-fat plain greek yogurt
- 1 6-oz. jar of pesto
- 1 medium yellow onion

## Canned Goods

- 3 cans diced tomatoes (no sodium)
- 3 cans black beans (no sodium)
- 1 cans fire-roasted corn (low or no sodium)
- 1 can tomatoes, okra, & corn mix (low or no sodium)
- 1 20-oz. can diced pineapple (in water or 100% juice)
- 1 can mandarin oranges (in water or 100% juice)
- 1 can peaches (in water or 100% juice)
- 1 can peas and carrots (low or no sodium)
- 1 can white cannellini beans (no sodium)
- 1 can garbanzo beans (no sodium)
- 1 can green beans (low or no sodium)
- 1 can salsa verde
- 1 can tropical fruit mix (in water or 100% juice)
- 2 12.5 oz. cans white chunk chicken (in water)
- 4 5-oz. cans of chunk light tuna (in water)

