

GROCERY LIST

Perishable Food Items:

- Apples (4)
- Bananas (2)
- Hamburger buns (4 buns)
- English muffins (4)
- Eggs (1 dozen)
- Cheddar cheese (8 slices)
- String cheese (8 pieces)
- 2% milkfat cottage cheese (1.5 lb tub)
- Beefsteak tomato (1)
- Boneless, skinless chicken breast (1 lb)
- Ground beef, 93% lean/7% fat (1 lb)

Nonperishable Food Items:

- Canned pears (1 can)
- Frozen blueberries (1 small bag)
- Frozen stir-fry vegetables (2 bags)
- Rolled oats (42 oz canister)
- Dry spaghetti noodles (1 lb box)
- Canned tomato sauce (1 can)
- Canned kidney beans (1 can)
- Canned lima beans (1 can)
- Canned black beans (1 can)
- Smooth peanut butter (1 small jar)
- Instant brown rice (1 box)
- Pancake mix (1 box)
- Whole wheat crackers (1 regular size box)
- Cream of mushroom soup (1 can)
- Canned minestrone soup, low sodium (4 cans)
- Vegetable broth (1 large can)
- Canned corn (1 can)
- Canned diced tomatoes (1 can)
- Frozen turkey burgers (4 burgers)
- Chili seasoning packet (1 packet)
- Cinnamon sugar (4 oz shaker)
- Iodized table salt (26 oz canister)
- Black pepper (6 oz canister)
- Maple syrup (1 small bottle)
- Butter, salted (4 sticks)
- Non-stick spray (1 can)
- Soy sauce (1 small bottle)
- Ketchup (1 small bottle)
- Mustard (1 small bottle)

