

# Live HealthSmart

# GROCERY LIST

## Canned

- 2 cans low sodium chickpeas
- 2 cans low sodium tomato soup
- 2 cans black beans
- 2 cans blue lake, low sodium green beans
- 4 low sodium cans tuna
- 3 cans berries of choice (<10 g added sugar per serving)

## Frozen

- 3 cups frozen/canned vegetable of choice (options: broccoli, corn, cauliflower, peas)
- 2 cups of frozen/canned vegetables of choice (options: carrots, mushrooms, green beans, green onions, jalapeño)
- 8 oz bag frozen onions and celery
- 4 frozen split (bone-in) chicken breasts

## Perishable

- 1 bag red or green grapes
- 4 ripe bananas
- 4 eggs
- 6 oz shredded cheddar cheese
- 8 slices whole wheat bread
- 1 container pimento cheese



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## Non-perishable

2 to 4 teaspoons herb of choice (cumin, smoked paprika, etc.)

1 box pasta noodles

1 jar pasta sauce (>10 g sugar per serving)

½ cup unsalted peanuts

¼ cup MnM's

½ cup raisins

2 cups microwaveable brown rice

1 jar low sodium salsa

2 tsp baking powder

4 packs ramen

1 bottle cooking oil of choice

Salt

Pepper

1 tsp bottled lemon juice

4 cups oats

4 tbsp peanut butter

1 cups sweetener (honey, sugar, brown sugar, maple syrup)

2/3 cup mayonnaise

2 tbsp whole grain mustard