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
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