

# Live HealthSmart

# GROCERY LIST

## Perishable Food Items

1 dozen large eggs  
1.5 lb boneless skinless chicken breast  
pita pockets, whole-wheat (4 ct)  
1 loaf whole-wheat bread  
vanilla low-fat yogurt (32 oz. tub)  
vanilla low-fat yogurt (1 cup or 8 oz)  
shredded part-skim mozzarella cheese (1 cup)  
shredded reduced-fat cheddar cheese (3/4 cup)  
shredded reduced-fat Mexican blend cheese (1 cup)  
low-fat milk (3.5 cups)  
broccoli, fresh or frozen (2 cups)  
frozen mixed veggies (2 cups)  
strawberries, fresh or frozen (1 cup)

## Non-Perishable Food Items

2 (15 oz.) cans sliced peaches\*  
2 (15 oz.) cans sliced pears\*  
1 (20 oz.) can pineapple chunks\*  
pineapple juice (4 fl oz)  
1 (4 oz.) can mushrooms pieces and stems  
2 (5 oz.) cans - chunk light or albacore white tuna\*\*  
1 (14.75 oz.) can salmon \*\*  
1 (15 oz) can garbonzo beans (aka chickpeas)\*\*\*  
1 (15 oz.) can black beans or pinto beans\*\*\*  
1 (14.5 oz.) can petite diced tomatoes\*\*\*  
1 (14.5 oz.) can fire-roasted tomatoes  
1 (15 oz.) can pizza sauce  
1 small jar sweet pickle relish  
granola (1 small bag containing ~4 cups)  
bread crumbs or crushed crackers (1/4 cup)  
1 pouch instant mashed potatoes (4 oz.)  
dried raisins (1/2 cup)  
peanut butter  
instant oat meal (2 cups)  
turkey pepperoni (6 oz.)  
bowtie pasta, whole grain (12 oz. box)  
brown rice 2 lb. bag

1 small yellow onion  
baby cut carrots (12 oz.)  
1 cucumber  
1 head of romaine lettuce  
1 bunch celery  
2 bananas

8 long wooden skewers  
taco seasoning, packet, 10 oz.  
ground cinnamon  
brown sugar  
honey (12 oz. jar)  
olive oil  
Ceasar salad dressing  
low-sodium soy sauce  
low-fat mayo

\*choose fruits canned in water, fruit juice, or lite syrup  
\*\*choose fish canned in water or broth, not oil  
\*\*\*choose those labeled "no salt added" or "reduced sodium"