

Live HealthSmart

GROCERY LIST

Perishable Food Items

- 4 apples
- 12 bananas
- Baby carrots, 32 oz. bag
- Broccoli, 12 oz. or 2 stalks
- Celery stalks, 8 oz. bag
- Baby red potatoes, 1.5 lb. bag
- Romaine lettuce, shredded, 12 oz. bag
- 1/2 gallon milk (1% or 2%)
- Plain or vanilla low-fat yogurt, 8 oz.
- 1 dozen eggs
- Unsalted butter, 1 stick
- Low-fat Colby Jack cheese, 1% milkfat, sliced, 8 oz.
- Mexican Blend cheese, shredded, 16 oz.
- Swiss cheese, sliced, 6 oz.
- Deli-style turkey, low sodium, 8 oz.
- Ground beef, 93% lean, 1 pound
- Frozen strawberries, 32 oz. bag
- Frozen broccoli, 16 oz. bag
- Frozen chicken, 4 breasts

Non-perishable Food Items

- 1 loaf 100% whole wheat bread
- 8 100% whole wheat tortillas, 6-inch
- Instant oatmeal, 25% less sugar, 4 packets
- Brown rice, 1 lb. bag
- 100% whole wheat spaghetti, 1 box
- Tomato sauce, 24 oz. jar
- Ranch dressing, 16 oz. bottle
- Black beans, low sodium, 12 oz. can
- Diced tomatoes, 12 oz. can
- Pickles, sliced, 12 oz. jar
- Olive oil or canola oil, small bottle
- 2 cans tomato soup
- Peanut butter, 16 oz. jar

