

Live HealthSmart

GROCERY LIST

Perishable Food Items

Whole Wheat Tortillas - 10 count package
Whole Wheat Bread - 1 loaf
Ground Turkey 93% Lean 7% Fat - 2 packages (16 ounces)
Eggs - 1 dozen
Shredded Cheese - 16 ounce package
Non Fat Milk - 1 gallon
Plain, Whole Milk Yogurt - 1 tub (32 ounces)
Roma Tomatoes - 4
Avocado - 2
Cucumber - 1
Celery - 1 bunch
Apples - 4
Bananas- 6
Spinach - 1 bag (9 ounces)

Nonperishable Food Items

Canned Low Sodium Black Beans - 3 cans (15.25 ounces)
Canned chicken- 5 Cans (10 ounce cans)
Canned Low Sodium Corn - 1 can (15.25 ounce can)
Diced Tomatoes with Green Pepper, Celery, & onion - 1 can (14.5 ounce can)
Canned Low Sodium Tomato Pasta Sauce - 1 can (15 ounces)
Canned Lentils - 1 can (15 ounces)
Canned Peaches - 2 cans (15 ounces)
Chicken bone broth - 1 box
Natural Peanut Butter - 1 tub (16 ounces)
Whole Wheat Rotini Pasta - 2 boxes
Rolled Oats - 18 ounce container
Brown rice - 1 bag
Cranberries - 1 bag (20 ounces)

Frozen Items

Pepper and onion blend - 2 of the 20 ounce package
Blueberries - 12 ounce package
Strawberries - 16 ounce package
Steamed Broccoli - 12 ounce package

