

Live HealthSmart

GROCERY LIST

Produce

- 1 Head of Cabbage
- 1 Yellow Onion
- 2 Zucchini
- 2 Sweet Potatoes
- 4 Russet Potatoes
- 4 Apples
- 4 Bananas

Dairy & Eggs

- 18 eggs
- 16 oz Shredded Mexican Cheese Blend
- String Cheese- 12 pack
- Greek Yogurt-32 oz Vanilla or your preference

Canned

- 2 cans corn
- 2 can black beans
- 2 cans green beans
- 2 cans veggie blend
- 1 can spinach
- 1 can Rotel
- 1 24oz Marinara
- 2 12.5oz cans Chicken Breast
- 48 oz Apple sauce
- 1 can of Peaches
- 6oz Pineapple juice

Meat

- Chicken breast: 4lbs
- Ground Turkey: 1 lbs

Dry Goods

- 1 Loaf of whole wheat bread
- Canister of Old Fashion Oats
- Bottle of BBQ Sauce
- 1 packet of Taco Seasoning
- 10-12 Large Flour Tortillas
- Box of Crackers
- spaghetti noodles- 1 lb package
- Boxed vanilla pudding
- 16 oz Peanut Butter
- Olive oil
- Garlic powder

Frozen

- 32-48 oz Mixed Berries
- 10oz bag Bell peppers

