

Live HealthSmart

GROCERY LIST

Perishable Food Items

- 1 large container plain greek yogurt
- 1 bundle of celery
- 5 apples
- 1 bag spinach
- 1 lb asparagus
- 2 lb baby potatoes
- 1 dozen eggs
- 1 container strawberries
- 6 bananas
- 1 loaf 100% whole wheat bread
- 1 large bag shredded lettuce
- 2 avocados
- 2 containers cherry tomatoes
- 1 bag whole wheat tortillas
- 1 bag pepperoni
- 2 bags low-fat shredded mozzarella cheese

Nonperishable Food Items

- 1 container old fashioned oatmeal
- 1 bag frozen blueberries
- 1 container natural creamy peanut butter
- 1 container cinnamon
- 3 cans canned chicken
- 1 small container pecans
- 4 frozen salmon filets
- 1 bottle extra virgin olive oil
- 1 container salt
- 1 container pepper
- 1 container honey
- 1 small bag mini chocolate chips or mini M&M
- 1 container frozen frozen chicken breasts
- 3 can black beans
- 1 can red kidney beans
- 2 cans red sauce/pasta sauce
- 1 can diced or crushed tomatoes
- 1 small bag whole wheat flour
- 12 oz whole wheat pasta
- 1 container reduced-sodium beef or chicken broth
- 1 container raisins

