

GROCERY LIST

Perishable Food Items

- 3 Zucchini
- 24 eggs
- 1 gallon milk
- 2 lb boneless, skinless chicken breast
- 2 Avocados
- 2 Pints Cherry Tomatoes
- 1 Greek Yogurt, large container
- 1 bag Shredded Mozzarella
- 1 bag Grated Parmesan
- 1 bag Shredded Mexican Blend Cheese
- 8 Bananas

Nonperishable Food Items

- Jarred Pizza Sauce
- 1 Package mini turkey pepperoni
- garlic powder
- 1 large bag frozen cubed potatoes
- vanilla extract
- cocoa powder
- 3 cans black beans (low sodium or no salt added)
- 2-3 cans of canned peaches
- Old fashioned rolled oats
- 8 cans of tuna, packed in water
- Classic Pasta Salad (Suddenly Salad Brand)
- Brown Sugar
- Canola Oil
- 20 Flour tortillas
- Brown Minute Rice
- 2 bags of frozen mixed veggies
- bread crumbs
- dried rosemary
- 2 cans of spinach
- low sodium chili and low sodium taco seasoning
- 1 (32 oz) can diced tomatoes
- 3 cans of kidney beans
- 1 (32 oz) can tomato sauce
- dill pickle relish
- red pepper flakes
- wheat bread
- 1 can Rotel
- pancake mix (such as Hungry Jack)
- unsweetened applesauce
- ground cinnamon
- 2 cans black refried beans, unseasoned.

