

# Live HealthSmart

# GROCERY LIST

## Perishable Food Items

- Asparagus, 0.75 lbs, 1 Bunch
- Avocado, 1, large
- Bananas, 2 count
- Green Bell Pepper, 1 count
- Mild Cheddar Cheese, 32 oz
- Rotisserie Chicken, 1 whole chicken
- Eggs, 1 carton, 18 count
- Lettuce, Romaine, 1 head
- Mayonnaise, 60 oz container
- Milk, 2%, 1 gallon
- Provolone, 12 pack, 1 bag
- Turkey, ground, 2 lbs
- Whole Wheat Pita Bread (or Tortillas), 8 count, 1 bag
- Whole Wheat Bread, 10 slices, 1 bag
- Yogurt, Non-Fat Greek, 2 cups
- Yogurt, Plain Vanilla, 1 four-pack

## Non-Perishable Food Items

- Black beans, No Salt Added, 3 cans
- Cereal, honey bunches, 1 box
- Crackers, wheat thins, 9.1 oz, 1 box
- Kidney Beans, No Salt Added, 2 cans
- Noodles, Whole Wheat, 16 oz, 1 box
- Olive Oil, 17 oz, 1 bottle
- Pancake Mix, Whole Wheat, 1 lb 4 oz, 1 box
- Peanut Butter, Natural, No Stir, 16 oz, 1 container (optional if allergic)
- Seasoning, Taco, 30% Less Sodium, 1 oz, 2 packs
- Seasoning, Chili, Mild, 1.25 oz, 1 Pack
- Soy Sauce, 15 oz, 1 bottle
- Syrup, Sugar Free, 24 fl oz, 1 bottle
- Taco Shells (Hard), 12 pack, 1 box
- Teriyaki Marinade, 12 fl oz, 1 bottle
- Tomato, Canned, Fire Roasted & Garlic, 14.5 oz, 1 can
- Tuna, Canned, Chunk Light in Water, 5 oz, 2 cans

## Frozen Foods

- Berries, Mixed, Frozen, 16 oz, 2 bags
- Broccoli, Frozen, 12 oz, bag
- Spinach, Frozen, 10 oz, 1 bag
- Veggie Mix, Frozen w/ Sugar Snap Peas, 10.8 oz, 1 bag
- Sausage, Turkey, Pre-Cooked, 6.4 oz, 1 box

