

## Shopping List for Week One

### Fresh Produce

#### Fruits

- Apples (small) .....14
- Bananas ..... (6-large) or (12-small)
- Grapes.....1 lb.
- Lemons.....1

#### Vegetables

- Carrots .....2/1 lb. bags
- Celery .....1 bunch
- Green Peppers (small) .....3
- Lettuce .....2 heads
- Onions.....2 lbs.
- Sweet Potato (large) .....3
- White Potato (medium).....5
- Tomato (medium).....3

### Canned

#### Beans

- Black beans .....1/15 oz. can
- Garbanzo beans (chickpeas).....1/15 oz. can
- Chicken broth, low sodium .....1/14.5 oz. can

#### Fruits and Vegetables

- Fruit Cocktail .....1/15 oz. can
- Peaches .....1/28 oz. can
- Pears .....1/28 oz. can
- Mandarin oranges .....1/11 oz. can
- Tomato sauce .....1/28 oz. can

#### Meats

- Tuna .....1/5 oz. can

### Packaged Fruits

- Applesauce.....1/24 oz. jar
- Raisins .....1/15 oz. box

### Frozen Fruits and Vegetables

- Broccoli .....1/1lb. bag
- Corn .....1/1lb. bag
- Green beans.....1/1lb. bag
- Peas.....1/1lb. bag
- Spinach.....1/10 oz. pkg.

### Frozen Juice

- Orange juice concentrate .....2/12 oz. cans

### Dried and Packaged

- Egg noodles.....1/12 oz. bag
- Rice .....1/1lb. box
- Spaghetti.....1/1 lb. box
- Popcorn.....1 bag kernels

### Bread and Cereals

- English muffins whole wheat (8) ....1 pkg.
- Whole wheat bread (20 slice loaf)..3
- Tortillas whole wheat (4 small) .....1 pkg.
- Graham crackers.....1 box
- Whole wheat crackers .....1 box

### Cereal

- Corn type flakes .....1/18 oz. box
- Whole grain .....1/16 oz. box
- Oatmeal .....1/18 oz. cont.

### Baking Needs

- Canola oil .....1/24 oz. bottle
- Cornstarch .....1/1lb. box
- Flour .....1/2lb. bag

### Dairy Section

- Eggs .....1 dozen
- Mozzarella cheese shredded .....2 cup pkg.
- Milk 1% or skim.....5 gallons
- Margarine soft .....3/1lb. tubs

### Protein Foods

- Chicken thighs, boneless .....1 ¾ lbs.
- Fresh or frozen fish (cod)  
no breading.....1 lb.
- Pork chops .....4
- Turkey, ground.....1 ¾ lbs.

### Miscellaneous

- Mayonnaise, low-fat .....1/16 oz. jar
- Peanut butter.....1/18 oz. jar
- Salad Dressing, low-fat .....2/16 oz.  
bottles
- Salsa (small) .....1 jar
- Soy sauce, low sodium.....1/10 oz. bottle