



Grocery List

Healthy Starts Here



Fruits and Vegetables:

Grapes _____
Zucchini _____
Onion _____
Apples _____
Carrots _____
Cucumber _____
Green pepper _____
Cilantro _____
Tomatoes _____
Green onion _____
Spinach _____
Cabbage _____
Broccoli _____
Raisins _____

Grains:

Tortillas _____
Crackers _____
Oatmeal _____
Cereal _____
Pasta _____
Hamburger buns _____
Brown rice _____

Shelves:

Tomato sauce _____
Barbecue sauce _____
Canned mushrooms _____
Canned crushed tomatoes _____
Tomato paste _____
Chicken broth _____

Protein:

Eggs _____
Chicken breast _____
Ground turkey _____
Canned tuna _____
Walnuts _____
Canned beans _____

Dairy:

Milk _____
Cheese sticks _____
Shredded cheese _____
Plain yogurt _____
Cream cheese _____

Freezer/Other:

Frozen vegetables _____
Frozen berries _____
Garlic _____
Chicken breasts _____
Sesame salad dressing _____
