

Grocery List

- 16 apples
- 13 bananas
- 5 onions
- 1 small bag carrots
- 2 cloves garlic
- 3 bags baby carrots
- 4 zucchini
- 2 green peppers
- 8 green onions
- 1 tomato
- 1 cucumber
- 8 potatoes
- 1 large box bran cereal
- 1 small container oats
- 1 small container raisins
- 4 loaves whole wheat bread
- 1 lb dried lentils
- 1 box whole wheat crackers
- 1 jar peanut butter
- 1 jar apple butter
- 2 cans baked beans
- 1 container fat-free mayo
- 3 dozen eggs
- 2 gallon milk
- 20 oz low fat cheddar cheese
- 8 oz nonfat sour cream
- 3 bags frozen broccoli
- 3 bags frozen green beans
- 3 bags frozen mixed vegetables
- 1 bag frozen corn
- 1½ lb frozen fish fillets
- 2½ lb round roast
- 2 chicken breast
- 24 oz canned tuna
- 1 lb lean ground beef
- 1 small jar salsa
- 1 box whole wheat macaroni
- 1 small bottle fat-free Italian dressing
- 1 small bag whole wheat flour
- 1 small bag brown sugar
- 1 small jar applesauce
- 1 small bottle teriyaki sauce
- 1 small tub margarine
- 1 bag whole wheat pretzels

Pantry Items to Have on Hand:

- Cinnamon
- Vanilla extract
- Vegetable oil
- Non stick cooking spray
- Allspice – or cinnamon
- Pepper
- Bay leaf
- Baking powder
- Baking soda
- Salt
- Bouillon cubes