Grocery List

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| --- | --- | --- |
| * 39 Eggs
 | * 32 slices Whole Wheat Bread
 | * 2 ½ cup Brown Rice
 |
| * 2 Gallons of Skim Milk
 | * 3 cups Frozen Strawberries
 | * 1 cup Raisins
 |
| * 3 cups Shredded Cheddar Cheese
 | * 1 ½ cup Shredded Monterey Jack Cheese
 | * 2 Tbsp Apple Butter
 |
| * 4 cups Spinach
 | * 7 Onions
 | * 3 Bouillon Cubes
 |
| * 8 Bananas
 | * 2 Tomatoes
 | * 3 ½ cups Corn Flakes Cereal
 |
| * ¼ cup Frozen Apple Juice
 | * 20 Whole Wheat Tortillas
 | * 1 stalk Broccoli
 |
| * ¼ cup Nonfat Dry Milk
 | * 20 oz Low-Fat Plain Yogurt
 | * 16 oz Frozen Cauliflower
 |
| * 26.5 oz jar Peanut Butter
 | * 1 cup Granola
 | * 2 lbs Green Beans
 |
| * 4 cups Frozen Fruit
 | * 24 oz Whole Wheat Noodles
 | * 1 ½ lb Sweet Potatoes
 |
| * 6 lb Chicken Thighs
 | * 8 Apples
 | * 12 cups Grapes
 |
| * 3 Carrots
 | * 5 Bell Peppers
 | * 2 cups Quick Oats
 |
| * 1 bunch Celery
 | * 15.5 oz jar Salsa
 | * 12 cups Romaine Lettuce
 |
| * 1/3 cup Maple Syrup
 | * 5x15 oz Canned Tomatoes
 | * 3 cups Frozen Vegetables
 |
| * 4x15 oz Canned Corn
 | * 30 oz Frozen Broccoli
 | * 2 cup Sour Cream
 |
| * 4x15 oz Canned Black Beans
 | * 10 oz Canned Tuna
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Pantry List

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| * Black Pepper
 | * Nutmeg
 | * Canola Oil
 |
| * Nonstick Cooking Spray
 | * Whole Wheat Flour
 | * Baking Powder
 |
| * Baking Soda
 | * Ground Cinnamon
 | * Vanilla Extract
 |
| * Thyme
 | * Salt
 | * Lime Juice
 |
| * Mustard
 | * Salad Dressing
 | * Mayonnaise
 |
| * Cumin
 | * Garlic Powder
 | * Olive Oil
 |
| * Salt-Free Seasoning
 | * Lemon Juice
 | * Jelly
 |
| * Garlic
 |  |  |