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 |  |

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 |  |  |