

Kids in the Kitchen, Variety Pack Shopping List:

Grains

1 Oats (Old Fashioned), 42 Ounce (oz)

1Tortillas 8-inch, Whole Wheat, 10 Count

1 Brown Rice, 16 Ounce (oz)

1 Quinoa (White), Dried, 32 Ounce (oz)

Protein

1 Eggs, 1 Dozen

3 Poultry/Chicken, Breast, 1.9 Pound(s)

1 Sunflower Kernels, Raw, Unsalted, 16 Ounce (oz)

1 Kidney Beans, Dark Red, 15 Ounce (oz)

2 Black Beans, Reduced Sodium, 15 Ounce (oz)

2 Poultry/Turkey, Ground, 16 Ounce (oz)

1 Lentils, Red, Dry, 16 Ounce (oz)

Dairy

1 Milk, Skim, 1 Quart

1 Cheddar Cheese (Shredded), Reduced Fat , 8 Ounce (oz)

1 Cheese, Parmesan, Grated, 8 Ounce (oz)

Other

1 Almond Butter, 16 Ounce (oz)

1 Rice Vinegar, Natural, 12 Ounce (oz)

1 Chili Seasoning Mix, 1.25 Ounce (oz)

2 Vegetable Broth, Low Sodium, 32 Ounce (oz)

2 Pasta, Spaghetti, Whole Wheat, 16, Ounce (oz)

Vegetables

1 Broccoli Florets, Frozen, 12 Ounce (oz)

3 Onion (Large White), Whole, 1 Count

1 Fresh Garlic (1 Bulb)

1 Mixed Vegetables Blend, Frozen, 12 Ounces (oz)

1 Spinach, Chopped, 20 Ounce (oz)

2 Scallions, 1 Bunch

2 Spinach, Whole, 16 Ounce (oz)

2 Bell Pepper, Green, 1 Count

1 Tomato Sauce, 8 Ounce (oz)

2 Tomatoes, Crushed, 28 Ounce (oz)

1 Corn, Low Sodium, 15 Ounce (oz)

2 Bell Pepper, Red, 1 Count

2 Carrot, 1 Pound(s)

1 Ginger Root, Fresh, 1 Count

1 Peas, Frozen, 12 Ounce (oz)

2 Sweet Potato, 1 Count

1 Tomato (Roma), Whole, 2 Count

1 Onion (Large Yellow), Whole, 1 Count

4 Tomato Paste, Canned, 6 Ounce (oz)

1 Celery, 1 Bunch

1 Basil, Fresh, 1 Bunch

1 Brussels Sprouts, Whole, 16 Ounce (oz)

Fruits

2 Banana, Whole, 1 Count

1 Avocado, Hass, Whole, 1 Count

2 Lemon, Whole, 1 Count

1 Apples (gala), Whole, 3 Pound(s)

