

No Prep, Low Prep Shopping List:

Grains

- 1 Oats (Old Fashioned), 42 Ounce (oz)
- 1 Pasta, Penne, Whole Wheat, 16 Ounce (oz)
- 1 Bread, 100% Whole Wheat, 20 Ounce (oz)

Protein

- 1 Walnuts, Raw Halves and Pieces, 6 Ounce (oz)
- 2 Poultry/Chicken, Thighs, 2.3 Pound(s)
- 1 Eggs, 1 Dozen

Dairy

- 1 Milk, Skim, 1 Quart
- 1 Yogurt (Plain), Non-Fat, 32 Ounce (oz)
- 1 Cheese (Parmesan), Grated, 8 Ounce (oz)
- 1 Cheddar Cheese (Shredded), Reduced Fat, 8 Ounce (oz)

Other

- 1 Ranch Dressing, Light, 16 Ounce (oz)
- 1 Peanut Butter, Creamy, 16 Ounce (oz)

Vegetables

- 1 Lettuce, Romaine, 1 Count
- 2 Spinach, Whole, 16 Ounce (oz)
- 2 Cucumber, 1 Count
- 1 Green Beans, Frozen, Cut, 20 Ounce (oz)
- 1 Celery, 1 Bunch
- 1 Onion (Red), Whole, 1 Count
- 1 Peas (Sweet), Canned, 15 Ounce (oz)
- 1 Scallions, 1 Bunch
- 2 Tomato (Roma), Whole, 2 Count
- 1 Garbanzo Beans, Canned, Cooked, 15 Ounce (oz)
- 1 Tomatoes, Grape, Fresh, 1 Pint
- 1 Corn, Low Sodium, 15.25 Ounce (oz)

Fruits

- 1 Pineapple (Chunks), In Own Juice, 23.5 Ounce (oz)
- 2 Banana, Whole, 1 Count
- 4 Avocado (Hass), Whole, 1 Count
- 1 Grapes, Green, Seedless, 1 Pound (lb)
- 3 Orange, Fresh, 1 Count
- 3 Lemon, Whole, 1 Count
- 1 Lime, Whole, 1 Count
- 1 Coconut Flakes, Unsweetened, 7 Ounce (oz)

