

Eat a Rainbow Shopping List:

Grains

- 1 Quinoa (White), Dried, 32 Ounce (oz)
- 2 Tortillas 8-inch, Whole Wheat, 10 Count
- 1 Brown Rice, 16 Ounce (oz)

Protein

- 2 Almonds (sliced), Bag, 0.75 Ounce (oz)
- 1 Eggs, 1 Dozen
- 1 Beef/Red Meat, Ground 80% lean, 1.2 Pound(s)
- 1 White Beans, Canned, 15 Ounce (oz)
- 1 Black Beans, Reduced Sodium, 15 Ounce (oz)
- 1 Tofu, Firm, 16 Ounce (oz)
- 3 Tuna, In Water, 5 Ounce (oz)
- 1 Poultry/Chicken, Breast, 1.9 Pound(s)

Fruits

- 1 Strawberries, Whole, 1 Pound(s)
- 1 Blueberries, 1 Pint
- 1 Pineapple (Chunks), In Own Juice, 23.5 Ounce (oz)
- 1 Apples (gala), Whole, 3 Pound(s)
- 1 Cranberries, Bag, 5 Ounce (oz)
- 1 Apricot Spread, 9 Ounce (oz)
- 1 Lemon, Whole, 1 Count

Dairy

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

Vegetables

- 2 Bell Pepper, Red, 1 Count
- 1 Cilantro, 1 Bunch
- 6 Spinach, Whole, 16 Ounce (oz)
- 5 Onion (Red), Whole, 1 Count
- 3 Carrot, 1 Pound(s)
- 3 Tomato (Roma), Whole, 2 Count
- 1 Cabbage (Red), Whole, 1 Count
- 1 Jalapeño Peppers, Whole, 1 Count
- 3 Kale Greens , Bag, 16 Ounce (oz)
- 1 Fresh Garlic (1 Bulb)
- 1 Tomatoes, Diced, 14 Ounce (oz)
- 2 Zucchini, Whole, 1 Count
- 1 Corn, Low Sodium, 15.25 Ounce (oz)
- 2 Cucumber, 1 Count
- 1 Peas (Sweet), Canned, 15 Ounce (oz)

Other

- 1 Ranch Dressing, Light, 16 Ounce (oz)
- 1 Broth (Chicken), Lower Sodium, 32 Ounce (oz)
- 1 Soy Sauce (Low Sodium), 10 Ounce (oz)
- 1 Italian Dressing , Light, 16 Ounce (oz)

