

Family Favorites Shopping List:

Grains

1 Tortillas 8-inch, Whole Wheat, 10 Count

1 Brown Rice, 16 Ounce (oz)

Protein

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

1 Eggs, 1 Dozen

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

Dairy

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

Fruits

1 Strawberries, Whole, 1 Pound(s)

2 Lime, Whole, 1 Count

2 Avocado (Hass), Whole, 1 Count

Other

1 Ranch Dressing, Light, 16 Ounce (oz)

1 Salsa, Low Sodium, 16 Ounce (oz)

Vegetables

1 Jalapeño Peppers, Whole, 1 Count

1 Onion (Large White), Whole, 1 Count

1 Cilantro, 1 Bunch

1 Fresh Garlic (1 Bulb)

1 Onion (Large Yellow), Whole, 1 Count

2 Onion (Red), Whole, 1 Count

2 Tomato (Roma), Whole, 2 Count

2 Spinach, Whole, 16 Ounce (oz)

1 Carrot, 1 Pound(s)

1 Cabbage (Red), Whole, 1 Count

1 Bell Pepper, Red, 1 Count

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



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