

Healthy Heart Shopping List

45 Total Items

Protein

- 3 Tuna, In Water, 5 Ounce (oz)
- 2 Poultry/Chicken, Breast, 1.9 Pound(s)
- 1 Store Brand Eggs, 1 Dozen
- 1 Canned Black Beans, Reduced Sodium, 15 Ounce (oz)
- 1 Cannellini Beans, Canned

Vegetables

- 2 Mushrooms, Button, Canned, 4 Ounce (oz)
- 3 Zucchini, Whole, 1 Count
- 1 Tomatoes, Crushed, 28 Ounce (oz)
- 4 Spinach, Whole, 16 Ounce (oz)
- 1 Potatoes, Russet, 5 Pound(s)
- 1 Peas (Sweet), Canned, 15 Ounce (oz)
- 1 Red Onion, 1 Count
- 1 White Onion, 1 Count
- 2 Kale Greens , Bag, 16 Ounce (oz)
- 3 Cucumber, 1 Count
- 1 Store Brand Canned Corn, Low Sodium, 15 Ounce (oz)
- 2 Carrot Bag
- 1 Sweet Onion, 1 Count
- 1 Fresh Garlic (1 Bulb)

Fruits

- 2 Lemon, Whole, 1 Count
- 1 Blueberries, Frozen, 48 Ounce (oz)
- 1 Gala Apple Bag

Grains

- 1 Lasagna Noodles, Whole Grain, 13.25 Ounce (oz)
- 1 Whole Wheat Tortillas, 10 Count
- 1 Oats (Old Fashioned), 42 Ounce (oz)

Dairy

- 1 Cottage Cheese, Fat-Free, Small Curd, 24 Ounce (oz)
- 1 Yogurt (Plain), Non-Fat, 32 Ounce (oz)
- 1 Mozzarella Cheese, Part-Skim, Shredded, Low Moisture, 16 Ounce (oz)
- 1 Milk, Skim, 1 Quart
- 1 Store Brand Shredded Cheddar Cheese, Reduced Fat , 8 Ounce (oz)

Other

- 1 Light Italian Dressing, 16 Ounce (oz)

