

Start Simple Sampler Kit

Shopping List

24 Total Items

Protein

- 1 Store Brand Eggs, 1 Dozen
- 2 Canned Black Beans, Reduced Sodium, 15 Ounce (oz)
- 1 Kidney Beans, Dark Red, 15 Ounce (oz)

Vegetables

- 1 Diced Green Chilies
- 1 Tomatoes, Crushed, 28 Ounce (oz)
- 1 Spinach, Whole, 16 Ounce (oz)
- 1 Scallions, 1 Bunch
- 1 Red Onion, 1 Count
- 1 Store Brand Canned Corn, Low Sodium, 15 Ounce (oz)
- 1 Cilantro, 1 Bunch
- 1 Red Pepper, 1 Count
- 1 Sweet Onion, 1 Count
- 1 Fresh Garlic, 1 Bulb

Fruits

- 1 Raisins, 16 Ounce (oz)
- 1 Gala Apple Bag
- 3 Lime, Fresh, 1 Count

Dairy

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

Other

- 1 Peanut Butter, Creamy, 16 Ounce (oz)

Grains

- 1 Whole Wheat Tortillas, 10 Count
- 1 Hamburger Buns, Whole Wheat, 8 Count
- 1 Brown Rice, 16 Ounce (oz)

