

# College Budget Meals Shopping List

63 Total Items

## Protein

- 1 Tofu, Firm, 16 Ounce (oz)
- 2 Poultry/Turkey, Ground, 16 Ounce (oz)
- 1 Store Brand Eggs, 1 Dozen
- 4 Canned Black Beans, Reduced Sodium, 15 Ounce (oz)
- 1 Almonds, Sliced, 7 Ounce (oz)
- 1 Kidney Beans, Dark Red, 15 Ounce (oz)

## Vegetables

- 1 Diced Green Chilies
- 2 Broccoli Crowns, Fresh, 1 Count
- 2 Zucchini, Whole, 1 Count
- 2 Tomatoes, Crushed, 28 Ounce (oz)
- 1 Tomato Sauce, 8 Ounce (oz)
- 1 Tomato (Roma), Whole, 2 Count
- 3 Spinach, Whole, 16 Ounce (oz)
- 3 Red Onion, 1 Count
- 1 White Onion, 1 Count
- 1 Lettuce, Romaine, 1 Count
- 3 Kale Greens , Bag, 16 Ounce (oz)
- 2 Jalapeño Peppers, Whole, 1 Count
- 1 Corn, Frozen, 12 Ounce (oz)
- 3 Store Brand Canned Corn, Low Sodium, 15 Ounce (oz)
- 1 Cilantro, 1 Bunch
- 1 Carrot Bag
- 2 Green Pepper, 1 Count
- 2 Red Pepper, 1 Count
- 1 Beets, Sliced, 15 Ounce (oz)
- 1 Sweet Onion, 1 Count
- 2 Celery, 1 Bunch
- 1 Fresh Garlic (1 Bulb)

## Fruits

- 1 Lemon, Whole, 1 Count
- 1 Cranberries, Dried, 5 Ounce (oz)
- 1 Gala Apple Bag
- 3 Lime, Fresh, 1 Count

## Dairy

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

## Grains

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

## Other

- 1 Chili Seasoning Mix, 1.25 Ounce (oz)

