

Family Pack, Quick & Easy Shopping List

59 Total Items

Protein

- 1 Poultry/Turkey, Ground, 16 Ounce
- 1 Poultry/Chicken, Ground, 16 Ounce
- 1 Store Brand Eggs, 1 Dozen
- 2 Canned Black Beans, Reduced Sodium, 15 Ounce
- 1 Beef/Red Meat, Ground 80% lean, 1.2 Pound(s)
- 2 Pinto Beans, Dried, 16 Ounces

Fruits

- 1 Strawberries, Whole, 1 Pound(s)
- 1 Pineapple (Crushed), In Own Juice, 20 Ounce
- 1 Blueberries, Frozen, 48 Ounce

Dairy

- 1 Milk, Skim, 1 Quart
- 1 Cream Cheese, Reduced Fat, 8 Ounce
- 5 Store Brand Shredded Cheddar Cheese, Reduced Fat , 8 Ounce

Grains

- 2 Whole Wheat Tortillas, 10 Count
- 1 English Muffin, Whole wheat, 6 Count
- 1 Brown Rice, 16 Ounce

Other

- 2 Enchilada Sauce, Mild, 10 Ounce
- 2 Salsa, Low Sodium, 16 Ounce
- 1 Barbecue Sauce, 18 Ounce

Vegetables

- 1 Diced Green Chilies
- 2 Sweet Potato, 1 Count
- 2 Zucchini, Whole, 1 Count
- 1 Tomatoes, Whole, No Salt Added, 14.5 Ounce
- 1 Tomatoes, Diced, 14 Ounce
- 1 Tomato Sauce, 8 Ounce
- 1 Tomato (Roma), Whole, 2 Count
- 3 Spinach, Whole, 16 Ounce
- 2 Red Onion, 1 Count
- 2 White Onion, 1 Count
- 1 Mushrooms (White), Whole, 10 Ounce
- 1 Kale Leaves, Whole, 1 Count
- 2 Kale Greens, Bag, 16 Ounce
- 3 Store Brand Canned Corn, Low Sodium, 15 Ounce
- 1 Cilantro, 1 Bunch
- 1 Carrot Bag
- 1 Green Pepper, 1 Count
- 5 Red Pepper, 1 Count
- 1 Mixed Vegetables Blend, Frozen, 12 Ounces

