

Family Time Saving Meals Shopping List

46 Total Items

Protein

- 1 Walnuts, Raw Halves and Pieces, 6 Ounce (oz)
- 1 White Beans, Canned, 15 Ounce (oz)
- 2 Poultry/Chicken, Thighs, 2.3 Pound(s)
- 1 Canned Chickpeas, 15 Ounce (oz)
- 1 Store Brand Eggs, 1 Dozen

Vegetables

- 1 Tomatoes, Grape, Fresh, 1 Pint
- 2 Tomato (Roma), Whole, 2 Count
- 2 Spinach, Whole, 16 Ounce (oz)
- 1 Scallions, 1 Bunch
- 1 Peas (Sweet), Canned, 15 Ounce (oz)
- 1 Red Onion, 1 Count
- 1 Lettuce, Romaine, 1 Count
- 1 Green Beans, Frozen, Cut, 20 Ounce (oz)
- 2 Cucumber, 1 Count
- 1 Store Brand Canned Corn, Low Sodium, 15 Ounce (oz)
- 1 Celery, 1 Bunch

Fruits

- 1 Coconut Flakes, Unsweetened, 7 Ounce (oz)
- 1 Grapes, Green, Seedless, 1 Pound (lb)
- 3 Orange, Navel, 1 Count
- 2 Banana, Whole, 1 Count
- 1 Pineapple (Chunks), In Own Juice, 23.5 Ounce (oz)
- 3 Lemon, Whole, 1 Count
- 4 Avocado, Hass, Whole, 1 Count
- 1 Lime, Fresh, 1 Count

Dairy

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

Grains

- 1 Pasta, Penne, Whole Wheat, 16 Ounce (oz)
- 1 Oats (Old Fashioned), 42 Ounce (oz)
- 1 Bread, 100% Whole Wheat, 20 Ounce (oz)

Other

- 1 Dressing, Light Ranch, 16 Ounce (oz)
- 1 Peanut Butter, Creamy, 16 Ounce (oz)
- 1 Light Italian Dressing, 16 Ounce (oz)

