

# Flavors from the Land and Sea Shopping List

41 Total Items

## Protein

- 1 Egg Noodles, 12 Ounces (oz)
- 3 Tuna, In Water, 5 Ounce (oz)
- 3 Poultry/Chicken, Breast, 1.9 Pound(s)
- 1 Canned Chickpeas, 15 Ounce (oz)
- 1 Store Brand Eggs, 1 Dozen
- 2 Canned Black Beans, Reduced Sodium, 15 Ounce (oz)

## Vegetables

- 2 Sweet Potato, 1 Count
- 2 Tomatoes, Diced, 14 Ounce (oz)
- 1 Tomato Paste, Canned, 6 Ounce (oz)
- 1 Potatoes, Russet, 5 Pound(s)
- 1 White Onion, 1 Count
- 2 Carrot Bag
- 1 Cabbage (Red), Whole, 1 Count
- 1 Red Pepper, 1 Count
- 5 Sweet Onion, 1 Count
- 2 Broccoli Florets, Frozen, 12 Ounce (oz)
- 1 Celery, 1 Bunch
- 2 Fresh Garlic (1 Bulb)

## Grains

- 1 Pasta, Bow Tie, 12 Ounce (oz)
- 1 Whole Wheat Tortillas, 10 Count
- 1 Brown Rice, 16 Ounce (oz)

## Fruits

- 1 Lemon, Whole, 1 Count

## Dairy

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

## Other

- 1 Salsa, Low Sodium, 16 Ounce (oz)
- 2 Broth (Chicken), Lower Sodium, 32 Ounce (oz)

