

Hearty Harvest Shopping List

43 Total Items

Protein

- 1 Turkey Breast, Boneless, Frozen, 3 Pounds (lbs)
- 1 Walnuts, Raw Halves and Pieces, 6 Ounce (oz)
- 1 White Beans, Canned, 15 Ounce (oz)
- 2 Poultry/Turkey, Ground, 16 Ounce (oz)
- 1 Store Brand Eggs, 1 Dozen
- 1 Kidney Beans, Dark Red, 15 Ounce (oz)

Vegetables

- 2 Potatoes, Red, 1 Count
- 2 Collard Greens, Fresh, 1 Count
- 1 Tomatoes, Whole, No Salt Added, 14.5 Ounce (oz)
- 1 Tomatoes, Crushed, 28 Ounce (oz)
- 1 Tomato Sauce, 8 Ounce (oz)
- 4 White Onion, 1 Count
- 1 Mushrooms (White), Whole, 10 Ounce (oz)
- 2 Kale Greens , Bag, 16 Ounce (oz)
- 1 Carrot Bag
- 1 Squash, Butternut, 1 Count
- 2 Green Pepper, 1 Count
- 1 Red Pepper, 1 Count
- 1 Celery, 1 Bunch
- 1 Fresh Garlic (1 Bulb)

Fruits

- 2 Pumpkin, Canned, 15 Ounce (oz)
- 1 Orange, Navel, 1 Count
- 1 Cranberries, Dried, 5 Ounce (oz)
- 1 Gala Apple Bag

Dairy

- 1 Milk, Skim, 1 Quart

Grains

- 1 Oats (Old Fashioned), 42 Ounce (oz)
- 1 Hamburger Buns, Whole Wheat, 8 Count

Other

- 1 Pumpkin Pie Spice, 1.94 Ounce (oz)
- 1 Shortening, All-Vegetable, 48 Ounce (oz)
- 1 Maple Syrup, Sugar Free, Low Calorie, 24 Ounce (oz)
- 1 Seasoning Mix, Taco, 1 Ounce (oz)
- 1 Flour, Pre-Sifted Unbleached Enriched All Purpose, 32 Ounce (oz)
- 1 Broth (Chicken), Lower Sodium, 32 Ounce (oz)
- 1 Barbecue Sauce, 18 Ounce (oz)

