

Quick Microwave Meals Shopping List

57 Total Items

Protein

- 1 Pecans, Chopped, 6 Ounce (oz)
- 1 Poultry/Chicken, Thighs, 2.3 Pound(s)
- 1 Poultry/Chicken, Breast, 1.9 Pound(s)
- 1 Store Brand Eggs, 1 Dozen
- 1 Canned Black Beans, Reduced Sodium, 15 Ounce (oz)
- 1 Kidney Beans, Dark Red, 15 Ounce (oz)

Fruits

- 1 Peach, Whole, 1 Count
- 1 Banana, Whole, 1 Count
- 1 Lemon, Whole, 1 Count
- 1 Cranberries, Dried, 5 Ounce (oz)
- 1 Avocado, Hass, Whole, 1 Count
- 1 Gala Apple Bag

Dairy

- 1 Sour Cream, Light, 16 Ounce (oz)
- 1 Yogurt (Plain), Non-Fat, 32 Ounce (oz)
- 1 Mozzarella Cheese, Part-Skim, Shredded, Low Moisture, 16 Ounce (oz)
- 2 Store Brand Shredded Cheddar Cheese, Reduced Fat , 8 Ounce (oz)

Grains

- 1 Pita Bread, Whole Wheat, 8 Count
- 1 Couscous, Plain, 10 Ounce (oz)
- 1 Cornflakes Cereal, 18 Ounce (oz)
- 1 Whole Wheat Tortillas, 10 Count
- 1 Oats (Old Fashioned), 42 Ounce (oz)

Vegetables

- 4 Potato, Yellow, 1 Count
- 1 Peas, Frozen, 12 Ounce (oz)
- 10 Potatoes, Red, 1 Count
- 2 Sweet Potato, 1 Count
- 1 Tomato Sauce, 8 Ounce (oz)
- 1 Spinach, Whole, 16 Ounce (oz)
- 1 Scallions, 1 Bunch
- 2 Red Onion, 1 Count
- 1 Green Beans, Frozen, Cut, 20 Ounce (oz)
- 1 Cucumber, 1 Count
- 1 Store Brand Canned Corn, Low Sodium, 15 Ounce (oz)
- 1 Cilantro, 1 Bunch
- 1 Red Pepper, 1 Count
- 3 Mixed Vegetables Blend, Frozen, 12 Ounces (oz)
- 1 Broccoli Florets, Frozen, 12 Ounce (oz)
- 1 Fresh Garlic (1 Bulb)

Other

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

