

# Snack, Wrap, and Roll Shopping List

51 Total Items

## Protein

- 1 Poultry/Turkey, Ground, 16 Ounce (oz)
- 1 Poultry/Chicken, Ground, 16 Ounce (oz)
- 1 Store Brand Eggs, 1 Dozen
- 1 Canned Black Beans, Reduced Sodium, 15 Ounce (oz)

## Vegetables

- 1 Potatoes, Red, 1 Count
- 4 Sweet Potato, 1 Count
- 7 Zucchini, Whole, 1 Count
- 1 Tomatoes, Whole, No Salt Added, 14.5 Ounce (oz)
- 2 Tomato Sauce, 8 Ounce (oz)
- 1 Tomato (Roma), Whole, 2 Count
- 3 Spinach, Whole, 16 Ounce (oz)
- 1 Scallions, 1 Bunch
- 1 Red Onion, 1 Count
- 1 White Onion, 1 Count
- 1 Mushrooms (White), Whole, 10 Ounce (oz)
- 1 Store Brand Canned Corn, Low Sodium, 15 Ounce (oz)
- 1 Carrot Bag
- 1 Cabbage (Red), Whole, 1 Count
- 2 Green Pepper, 1 Count
- 2 Red Pepper, 1 Count
- 1 Fresh Garlic (1 Bulb)

## Fruits

- 1 Berries, Mixed, Frozen, 12 Ounce (oz)
- 4 Banana, Whole, 1 Count
- 1 Lemon, Whole, 1 Count

## Dairy

- 1 Mozzarella Cheese, Part-Skim, Shredded, Low Moisture, 16 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, Bow Tie, 12 Ounce (oz)
- 2 Whole Wheat Tortillas, 10 Count

## Other

- 1 Dressing, Light Ranch, 16 Ounce (oz)
- 1 Orange Juice, 0.5 Gallon
- 1 BBQ Sauce, 18 Ounce (oz)

