

Southwestern Family Favorites Shopping List

29 Total Items

Protein

- 1 Poultry/Chicken, Breast, 1.9 Pound(s)
- 1 Store Brand Eggs, 1 Dozen
- 1 Canned Black Beans, Reduced Sodium, 15 Ounce (oz)

Vegetables

- 2 Tomato (Roma), Whole, 2 Count
- 2 Spinach, Whole, 16 Ounce (oz)
- 2 Red Onion, 1 Count
- 1 White Onion, 1 Count
- 1 Jalapeño Peppers, Whole, 1 Count
- 1 Cilantro, 1 Bunch
- 1 Carrot Bag
- 1 Cabbage (Red), Whole, 1 Count
- 2 Red Pepper, 1 Count
- 1 Sweet Onion, 1 Count
- 1 Mixed Vegetables Blend, Frozen, 12 Ounces (oz)
- 1 Fresh Garlic (1 Bulb)

Grains

- 1 Whole Wheat Tortillas, 10 Count
- 1 Brown Rice, 16 Ounce (oz)

Other

- 1 Salsa, Low Sodium, 16 Ounce (oz)
- 1 Dressing, Light Ranch, 16 Ounce (oz)

Fruits

- 1 Strawberries, Whole, 1 Pound(s)
- 2 Avocado, Hass, Whole, 1 Count
- 2 Lime, Fresh, 1 Count

Dairy

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

