

Tasty Sauté, Stir Fry, and More Shopping List

29 Total Items

Protein

- 3 Tuna, In Water, 5 Ounce (oz)
- 1 Tofu, Firm, 16 Ounce (oz)
- 1 Poultry/Chicken, Breast, 1.9 Pound(s)
- 1 Store Brand Eggs, 1 Dozen
- 1 Canned Black Beans, Reduced Sodium, 15 Ounce (oz)
- 1 Cannellini Beans, Canned
- 1 Kidney Beans, Dark Red, 15 Ounce (oz)

Vegetables

- 1 Diced Green Chilies
- 1 Tomatoes, Crushed, 28 Ounce (oz)
- 2 Spinach, Whole, 16 Ounce (oz)
- 1 Peas (Sweet), Canned, 15 Ounce (oz)
- 2 Red Onion, 1 Count
- 1 White Onion, 1 Count
- 1 Mushrooms (White), Whole, 10 Ounce (oz)
- 1 Green Beans, Frozen, Cut, 20 Ounce (oz)
- 3 Cucumber, 1 Count
- 1 Store Brand Canned Corn, Low Sodium, 15 Ounce (oz)
- 1 Cilantro, 1 Bunch
- 2 Carrot Bag
- 1 Cabbage (Red), Whole, 1 Count
- 1 Green Pepper, 1 Count
- 1 Red Pepper, 1 Count
- 1 Sweet Onion, 1 Count
- 1 Fresh Garlic (1 Bulb)

Fruits

- 1 Lemon, Whole, 1 Count
- 3 Lime, Fresh, 1 Count

Dairy

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

Grains

- 1 Whole Wheat Tortillas, 10 Count

Other

- 1 Low Sodium Soy Sauce, 10 Ounce (oz)
- 1 Light Italian Dressing, 16 Ounce (oz)

