

# Veggie Paradise Shopping List

47 Total Items

## Protein

- 2 Lentils, Red, Dry, 16 Ounce (oz)
- 2 Walnuts, Raw Halves and Pieces, 6 Ounce (oz)
- 2 Tofu, Firm, 16 Ounce (oz)
- 1 Store Brand Eggs, 1 Dozen

## Vegetables

- 1 Artichoke Hearts, Quartered, 14 Ounce (oz)
- 1 Peas, Frozen, 12 Ounce (oz)
- 1 Broccoli Crowns, Fresh, 1 Count
- 3 Zucchini, Whole, 1 Count
- 2 Tomatoes, Diced, 14 Ounce (oz)
- 1 Tomato (Roma), Whole, 2 Count
- 2 Spinach, Whole, 16 Ounce (oz)
- 1 Scallions, 1 Bunch
- 1 Red Onion, 1 Count
- 4 White Onion, 1 Count
- 1 Kale Greens , Bag, 16 Ounce (oz)
- 1 Cilantro, 1 Bunch
- 3 Carrot Bag
- 2 Cabbage (Red), Whole, 1 Count
- 1 Red Pepper, 1 Count
- 1 Fresh Garlic (1 Bulb)

## Fruits

- 1 Berries, Mixed, Frozen, 12 Ounce (oz)
- 1 Cranberries, Dried, 5 Ounce (oz)
- 1 Blueberries, Frozen, 48 Ounce (oz)
- 1 Gala Apple Bag

## Dairy

- 1 Yogurt, Vanilla, Low-Fat, 32 Ounce (oz)
- 1 Yogurt (Plain), Non-Fat, 32 Ounce (oz)
- 1 Milk, Skim, 1 Quart
- 1 Store Brand Shredded Cheddar Cheese, Reduced Fat , 8 Ounce (oz)

## Grains

- 1 Granola, 12 Ounce (oz)
- 1 Barley, Pearled, 16 Ounce (oz)
- 1 Oats (Old Fashioned), 42 Ounce (oz)
- 1 Breadcrumbs, Plain, 24 Ounce (oz)

## Other

- 1 Vegetable Broth, Low Sodium, 32 Ounce (oz)
- 1 Broth (Chicken), Lower Sodium, 32 Ounce (oz)



# 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)



# Protein Packed Meals Shopping List

46 Total Items

## Protein

- 1 Poultry/Chicken, Breast, 1.9 Pound(s)
- 1 Poultry/Chicken, Ground, 16 Ounce
- 1 Store Brand Eggs, 1 Dozen
- 2 Canned Black Beans, Reduced Sodium, 15 Ounce
- 1 Cannellini Beans, Canned
- 1 Pinto Beans, Dried, 16 Ounces
- 1 Kidney Beans, Dark Red, 15 Ounce

## Vegetables

- 1 Squash, Yellow, 1 Count
- 1 Tomato Sauce, 8 Ounce
- 1 Tomato (Roma), Whole, 2 Count
- 1 Scallions, 1 Bunch
- 1 Peas (Sweet), Canned, 15 Ounce
- 1 White Onion, 1 Count
- 2 Mushrooms (White), Whole, 10 Ounce
- 1 Cucumber, 1 Count
- 2 Store Brand Canned Corn, Low Sodium, 15 Ounce
- 1 Cilantro, 1 Bunch
- 1 Carrot Bag
- 1 Green Pepper, 1 Count
- 4 Red Pepper, 1 Count
- 3 Sweet Onion, 1 Count
- 1 Mixed Vegetables Blend, Frozen, 12 Ounces
- 1 Tomatoes, Sliced and Stewed, No Salt Added, 14.5 Ounce
- 1 Celery, 1 Bunch
- 1 Fresh Garlic (1 Bulb)

## Fruits

- 1 Raisins, 16 Ounce
- 1 Lemon, Whole, 1 Count
- 1 Gala Apple Bag

## Dairy

- 2 Store Brand Shredded Cheddar Cheese, Reduced Fat, 8 Ounce

## Grains

- 1 Pasta, Penne, Whole Wheat, 16 Ounce
- 1 Quinoa (White), Dried, 32 Ounce
- 1 Hamburger Buns, Whole Wheat, 8 Count
- 2 Brown Rice, 16 Ounce

## Other

- 1 Salsa, Low Sodium, 16 Ounce
- 1 Peanut Butter, Creamy, 16 Ounce
- 1 Broth (Chicken), Lower Sodium, 32 Ounce



# xxxxxx xxxxx Meal Kit Shopping List

46 Total Items

## Protein

- 3 Tuna, In Water, 5 Ounce (oz)
- 3 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

## Vegetables

- 2 Mushrooms, Button, Canned, 4 Ounce (oz)
- 3 Zucchini, Whole, 1 Count
- 1 Tomatoes, Crushed, 28 Ounce (oz)
- 4 Spinach, Whole, 16 Ounce (oz)
- 1 Potatoes, Russet, 5 Pound(s)
- 1 Peas (Sweet), Canned, 15 Ounce (oz)
- 1 Red Onion, 1 Count
- 1 White Onion, 1 Count
- 2 Kale Greens , Bag, 16 Ounce (oz)
- 3 Cucumber, 1 Count
- 1 Store Brand Canned Corn, Low Sodium, 15 Ounce (oz)
- 2 Carrot Bag
- 1 Sweet Onion, 1 Count
- 1 Fresh Garlic (1 Bulb)

## Fruits

- 2 Lemon, Whole, 1 Count
- 1 Blueberries, Frozen, 48 Ounce (oz)
- 1 Gala Apple Bag

## Dairy

- 1 Cottage Cheese, Fat-Free, Small Curd, 24 Ounce (oz)
- 1 Yogurt (Plain), Non-Fat, 32 Ounce (oz)
- 1 Mozzarella Cheese, Part-Skim, Shredded, Low Moisture, 16 Ounce (oz)
- 1 Milk, Skim, 1 Quart
- 1 Store Brand Shredded Cheddar Cheese, Reduced Fat , 8 Ounce (oz)

## Grains

- 1 Lasagna Noodles, Whole Grain, 13.25 Ounce (oz)
- 1 Whole Wheat Tortillas, 10 Count
- 1 Oats (Old Fashioned), 42 Ounce (oz)

## Other

- 1 Light Italian Dressing, 16 Ounce (oz)



# 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)



# 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)



# Global Kitchen Shopping List

38 Total Items

## Protein

- 2 Tofu, Firm, 16 Ounce (oz)
- 1 Store Brand Eggs, 1 Dozen
- 1 Egg Whites, 100% liquid, 16 Ounce (oz)
- 1 Canned Black Beans, Reduced Sodium, 15 Ounce (oz)

## Vegetables

- 1 Peas, Frozen, 12 Ounce (oz)
- 1 Tomato Puree, 29 Ounce (oz)
- 1 Tomato (Roma), Whole, 2 Count
- 1 Spinach, Chopped, 20 Ounce (oz)
- 1 Spinach, Whole, 16 Ounce (oz)
- 2 Scallions, 1 Bunch
- 2 Red Onion, 1 Count
- 1 White Onion, 1 Count
- 1 Kale Greens , Bag, 16 Ounce (oz)
- 1 Corn, Frozen, 12 Ounce (oz)
- 1 Cilantro, 1 Bunch
- 1 Carrot Bag
- 1 Green Pepper, 1 Count
- 1 Red Pepper, 1 Count
- 2 Basil, Fresh, 1 Bunch
- 1 Sweet Onion, 1 Count
- 1 Fresh Garlic (1 Bulb)

## Fruits

- 1 Avocado, Hass, Whole, 1 Count

## Dairy

- 1 Ricotta Cheese, No Salt Added, Whole Milk, 15 Ounce (oz)
- 2 Mozzarella Cheese, Part-Skim, Shredded, Low Moisture, 16 Ounce (oz)
- 1 Milk, Skim, 1 Quart
- 1 Store Brand Shredded Cheddar Cheese, Reduced Fat , 8 Ounce (oz)

## Grains

- 1 Whole Wheat Tortillas, 10 Count
- 3 Brown Rice, 16 Ounce (oz)
- 1 Baguette Bread, Mini, Wheat, 10 Ounce (oz)

## Other

- 1 Worcestershire Sauce, 12 Ounce (oz)
- 1 Rice Vinegar, Natural, 12 Ounce (oz)



# Flavors from the Land and Sea Shopping List

41 Total Items

## Protein

- 1 Egg Noodles, 12 Ounces (oz)
- 3 Tuna, In Water, 5 Ounce (oz)
- 3 Poultry/Chicken, Breast, 1.9 Pound(s)
- 1 Canned Chickpeas, 15 Ounce (oz)
- 1 Store Brand Eggs, 1 Dozen
- 2 Canned Black Beans, Reduced Sodium, 15 Ounce (oz)

## Vegetables

- 2 Sweet Potato, 1 Count
- 2 Tomatoes, Diced, 14 Ounce (oz)
- 1 Tomato Paste, Canned, 6 Ounce (oz)
- 1 Potatoes, Russet, 5 Pound(s)
- 1 White Onion, 1 Count
- 2 Carrot Bag
- 1 Cabbage (Red), Whole, 1 Count
- 1 Red Pepper, 1 Count
- 5 Sweet Onion, 1 Count
- 2 Broccoli Florets, Frozen, 12 Ounce (oz)
- 1 Celery, 1 Bunch
- 2 Fresh Garlic (1 Bulb)

## Grains

- 1 Pasta, Bow Tie, 12 Ounce (oz)
- 1 Whole Wheat Tortillas, 10 Count
- 1 Brown Rice, 16 Ounce (oz)

## Fruits

- 1 Lemon, Whole, 1 Count

## Dairy

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

## Other

- 1 Salsa, Low Sodium, 16 Ounce (oz)
- 2 Broth (Chicken), Lower Sodium, 32 Ounce (oz)





# 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)



# Happy Kid Meals Shopping List

30 Total Items

## Protein

- 1 Store Brand Eggs, 1 Dozen
- 1 Canned Black Beans, Reduced Sodium, 15 Ounce (oz)

## Vegetables

- 2 Zucchini, Whole, 1 Count
- 1 Tomato (Roma), Whole, 2 Count
- 3 Spinach, Whole, 16 Ounce (oz)
- 1 Store Brand Canned Corn, Low Sodium, 15 Ounce (oz)
- 1 Carrot Bag
- 1 Cabbage (Red), Whole, 1 Count
- 1 Red Pepper, 1 Count
- 1 Celery, 1 Bunch

## Grains

- 1 Whole Wheat Tortillas, 10 Count
- 1 Oats (Old Fashioned), 42 Ounce (oz)
- 1 English Muffin, Whole wheat, 6 Count

## Other

- 1 Honey, 16 Ounce (oz)
- 1 Dressing, Light Ranch, 16 Ounce (oz)
- 2 Peanut Butter, Creamy, 16 Ounce (oz)

## Fruits

- 1 Raisins, 16 Ounce (oz)
- 2 Banana, Whole, 1 Count
- 1 Strawberries, Whole, 1 Pound(s)
- 1 Pineapple (Crushed), In Own Juice, 20 Ounce (oz)
- 1 Cranberries, Dried, 5 Ounce (oz)
- 1 Blueberries, Frozen, 48 Ounce (oz)

## Dairy

- 1 Milk, Skim, 1 Quart
- 1 Cream Cheese, Reduced Fat, 8 Ounce (oz)
- 1 Store Brand Shredded Cheddar Cheese, Reduced Fat , 8 Ounce (oz)

