

Colorful Plates Shopping List

65 Total Items

Protein

- 1 White Beans, Canned, 15 Ounce (oz)
- 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 Beef/Red Meat, Ground 80% lean, 1.2 Pound(s)
- 1 Almonds, Sliced, 7 Ounce (oz)

Fruits

- 1 Strawberries, Whole, 1 Pound(s)
- 1 Pineapple (Chunks), In Own Juice, 23.5 Ounce (oz)
- 1 Lemon, Whole, 1 Count
- 1 Cranberries, Dried, 5 Ounce (oz)
- 1 Blueberries, Frozen, 48 Ounce (oz)
- 1 Apricot Spread, 12.35 Ounce (oz)
- 1 Gala Apple Bag

Dairy

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

Grains

- 2 Whole Wheat Tortillas, 10 Count
- 1 Oats (Old Fashioned), 42 Ounce (oz)
- 1 Brown Rice, 16 Ounce (oz)

Vegetables

- 2 Zucchini, Whole, 1 Count
- 1 Tomatoes, Diced, 14 Ounce (oz)
- 3 Tomato (Roma), Whole, 2 Count
- 6 Spinach, Whole, 16 Ounce (oz)
- 1 Peas (Sweet), Canned, 15 Ounce (oz)
- 5 Red Onion, 1 Count
- 4 Kale Greens , Bag, 16 Ounce (oz)
- 1 Jalapeño Peppers, Whole, 1 Count
- 2 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
- 2 Red Pepper, 1 Count
- 1 Fresh Garlic (1 Bulb)

Other

- 1 Low Sodium Soy Sauce, 10 Ounce (oz)
- 1 Dressing, Light Ranch, 16 Ounce (oz)
- 1 Light Italian Dressing, 16 Ounce (oz)
- 1 Broth (Chicken), Lower Sodium, 32 Ounce (oz)

