

Soul Food Shopping List

34 Total Items

Protein

- 2 Poultry/Chicken, Breast, 1.9 Pound(s)
- 1 Turkey Kielbasa, 13 ounce (oz)

Vegetables

- 4 Medium potatoes
- 1 Diced Green Chilies
- 2 Tomatoes, Diced, 14 Ounce (oz)
- 1 Scallions, 1 Bunch
- 1 Parsley, Fresh, 1 Bunch
- 1 Red Onion, 1 Count
- 4 White Onion, 1 Count
- 2 Kale Greens , Bag, 16 Ounce (oz)
- 2 Green Pepper, 1 Count
- 1 Broccoli Florets, Frozen, 12 Ounce (oz)
- 1 Celery, 1 Bunch
- 1 Fresh Garlic (1 Bulb)

Grains

- 1 Elbow Macaroni, 16, Ounce (oz)
- 1 Cornflakes Cereal, 18 Ounce (oz)
- 1 Brown Rice, 16 Ounce (oz)

Dairy

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

Other

- 1 Chicken Broth, Low Sodium, 32 Ounce (oz)
- 1 Jar sweet pickle relish, 8 Ounce (oz)
- 1 Jar light mayonnaise, 15 Ounce (oz)

Fruits

- 2 Lemons, Whole

