

Grocery List

MEAT	CANNED & DRY GOODS
Boneless, skinless chicken breasts (7 lbs)	Unsalted chicken broth carton (32 oz)
	Pineapple tidbits (8 oz)
PRODUCE	Tomato sauce, no-salt-added (15 oz)
Baby spinach (32 oz)	Tomato paste, no-salt-added (6 oz)
Grape tomatoes (32 oz)	Black beans, no-salt-added (15 oz)
Garlic bulbs (3)	Chipotle peppers in adobo sauce (7 oz)
Tri-color coleslaw mix (16 oz)	
Limes (3)	GRAINS
Cilantro (1 bunch)	Pasta shells (8 oz)
Red bell peppers, large (2)	Whole-wheat penne pasta (16 oz)
Green onion (1 bunch)	Whole-wheat dinner rolls (12 count)
	Instant brown rice (28 oz)
DAIRY	
Parmesan cheese, grated (16 oz)	PANTRY ITEMS
Cheddar cheese, reduced-fat shredded (14 oz)	Apple cider vinegar (32 oz)
Plain non-fat Greek yogurt (32 oz)	Low-sodium soy sauce (15 oz)
1% low-fat milk (½ gallon)	Worcestershire sauce (10 oz)
	Canola oil (48 oz)
FROZEN	Olive oil (25.5 oz)
Broccoli florets (12 oz)	Non-stick cooking spray
Corn (12 oz)	Honey (12 oz)
	All-purpose flour (5 lb)
SPICES	
Italian seasoning	
Red pepper flakes	
Black pepper	
Chipotle pepper powder	
Garlic powder	