SAMPLE GROCERY LIST

Orange juice

Milk

Strawberry yogurt

Eggs

Butter

Shredded cheese or cheddar cheese slices

Bananas

Apples

Avocado

Tomatoes

Lettuce

Carrots

Potatoes

Salsa

Ground beef

Deli turkey

Chicken thighs or breasts

Pasta sauce

Dry pasta, spaghetti or macaroni

Canned tuna

Canned beans (chickpeas, white beans)

Tortillas

Rice

Sliced bread