

# Grocery List

## FRESH

Fresh fruit  
Fresh Vegetables  
Fresh garlic  
Shredded Lettuce  
1 lb. chicken  
3 lbs. ground turkey  
Eggs  
Half and half  
Whole milk  
Shredded monterey jack cheese  
Shredded mozzarella cheese  
Plain Greek Yogurt

## FROZEN

Frozen corn  
Frozen spinach  
Frozen blueberries

## SHELF STABLE

Peanut Butter  
Granola Bars  
Ranch Veggie Dip  
Whole grain tortillas  
Ziti noodles  
Oats  
Jar of sun dried tomatoes  
Can of Refried Beans  
Salsa  
Chicken broth  
Olive oil  
Vegetable Oil  
All Purpose Flour  
Brown Sugar  
Poultry seasoning  
Cayenne pepper  
Chopped, Dried Onion  
Taco Seasoning  
Salt  
Baking Powder  
Baking Soda