5-Day Shopping List

**BAKERY ITEMS**
1 pkg English Muffin, whole grain
1 pkg Hamburger bun
2 pkgs Tortillas, corn or whole wheat
1 pkg Whole Grain Crackers
1 loaf Whole Wheat Bread
1 pkg Whole Wheat Pitas

**CANNED ITEMS**
1 can (15oz) Artichoke Hearts
1 can (15oz) Beef Broth
1 can (15oz) Black Beans
1 can (15oz) Cannellini Beans
3 cans (14.5oz) Carrots, sliced
8 cans (10oz) Chicken Breast
1 can (15oz) Chicken Broth, can
1 can (13.5oz) Coconut Milk
1 can (15oz) Corn
1 can (12oz) Evaporated Milk
13 cans (15oz) Fruit—Your Choice!
2 cans (15oz) Garbanzo beans (Chickpeas)
1 can (15oz) Green Beans, French Style
5 cans (4.5oz) Green chiles, canned
1 can (15.5 oz) Hominy
1 can (15oz) Kalamata olives, canned
2 cans (15oz) Mango, diced
1 can (15oz) Mixed Vegetables
2 cans (4oz) Mushrooms, sliced
5 cans (15oz) Peach slices
1 can (8oz) Pineapple, crushed
1 can (15oz) Red Beans
2 cans (6oz) Salmon
1 can (6oz) Tomato paste
2 cans (28oz) Tomatoes, crushed
1 can (15oz) Tropical Fruit Salad
1 can (5oz) Tuna
9 cans (15oz) Veggie—Your Choice!
1 can (15 oz) White Beans

**DAIRY**
1 pkg (32oz) Cottage Cheese
1 pkg (8oz) Cream Cheese
1 dozen Eggs
1 container Feta Cheese
1 gallon Milk
1 pkg Parmesan Cheese, grated
1 pkg Shredded cheese
3 container (32oz) Yogurt, plain

**DRY INGREDIENTS**
1 pkg Coconut, shredded
1 pkg Crackers, whole grain
1 pkg Granola, low-fat
2 pkgs Oats, rolled
1 pkg Pecans
1 pkg Spaghetti
1 pkg [5oz] Toasted or Roasted Almonds
1 bag Tortilla chips
1 pkg Whole Grain—Your Choice!

**FRESH PRODUCE**
4 each Apples
2 each Avocado
1 bunch Celery
1 pint Cherry Tomatoes
3 each Cucumber
1 pkg Dill
1 head Garlic
3 inches Ginger Root
1 bunch Grapes
1 each Green Cabbage, optional
1 head, small Lettuce
4 pkgs (16oz) Mixed Salad Greens
2 each Onion, red
3 each Onion, yellow
1 bunch Parsley, fresh
1 each Red Bell Pepper

**MEAT**
1 lb Ground Beef
1 lb Ground Pork

**REFRIGERATED**
1 container Pesto Sauce
1 lb Pizza Dough
1 container Salsa

**PANTRY ITEMS**
- Baking Soda
- Cayenne Pepper
- Chipotle Powder
- Cinnamon
- Cumin
- Dried Basil
- Dried Thyme
- Flour, all-purpose
- Garlic Powder
- Ground Ginger
- Honey
- Lemon Juice
- Lime Juice
- Olive Oil
- Peanut and/or Almond Butter
- Pepper
- Red Wine Vinegar
- Salt
- Smoked Paprika
- Sugar
- Tabasco Sauce
- Vanilla Extract
- Vegetable Oil
- Vinaigrette Dressing