

# SAMPLE GROCERY LIST



This sample grocery list can help you make healthier choices when you shop. Add the quantity you need next to each item, and check if you have a coupon. Planning ahead will help you save time and money! Remember to compare labels and choose products with the lowest amount of sodium, added sugars and saturated fat and no trans fat that you can find in your store.

	Quantity	Coupon
<b>Fresh Vegetables</b>		
Asparagus		
Broccoli		
Carrot		
Cauliflower		
Celery		
Corn		
Cucumbers		
Lettuce/Greens		
Onions		
Peppers		
Potatoes		
Spinach		
Squash		
Sweet potatoes		
Tomatoes		
Zucchini		
<b>Fresh Fruits</b>		
Apples		
Avocados		
Bananas		
Berries		
Cherries		
Grapefruit		
Grapes		
Kiwis		
Lemons/Limes		
Melon		
Oranges		
Peaches		
Pears		
Plums		

	Quantity	Coupon
<b>Canned/Dry Beans</b>		
Black beans		
Chickpeas		
Kidney beans		
Lima beans		
Pinto beans		
White beans		
<b>Frozen Vegetables</b>		
Broccoli		
Cauliflower		
Corn		
Green beans		
Mixed vegetables		
Spinach		
<b>Frozen Fruits</b>		
Berries		
Cherries		
Mixed fruit		
Peaches		
<b>Canned Vegetables</b>		
Corn		
Green beans		
Mixed vegetables		
Peas		
Tomatoes		
Tomato paste/sauce		
Yams		

