# Cent$ible Nutrition Program

## 3 Week Menu - Week 1 - Fall 2016

**Remember:** Always check your pantry and refrigerator before shopping!

This grocery list is for recipes and does not include the milk, yogurt, fruits, and vegetables for sides and snacks.

### Staples
- Whole Wheat Flour & Enriched Flour
- Brown rice
- Salt
- Black Pepper
- Baking Powder
- Baking soda
- Sugar
- Nonfat Dry Milk Powder
- Canola Oil
- Apple Cider Vinegar
- Garlic and Onion Powder
- Brown Sugar
- Cinnamon
- Cornstarch
- Nutmeg
- Chili powder
- 1 package rapid-rise yeast
- Soy sauce
- Barbeque sauce

### Canned & Packaged Goods
- 2-5 oz cans water-packed tuna
- Reduced calorie mayonnaise
- Dill pickle relish
- 1-14 oz can green chilies
- Low-sodium chicken broth 1-box
- 3-15oz great northern beans
- 1-15oz can black beans
- 1-15oz can refried beans
- 1 15oz can chickpeas or garbanzo beans
- 1 15oz can pumpkin
- 1 cup lemon juice
- Grated lemon rind
- Ginger
- 1-6oz can tomato paste
- 2-15oz can tomato sauce
- Cumin
- Ground cloves
- 1 16 oz package of green split peas
- 1 16 oz package of lentils
- 1 16 oz package of pearl barley

### Grains
- Whole grain cereal
- Whole grain bread
- 6 cups old fashioned rolled oats
- 6-Bin whole-wheat tortillas
- Oat flour
- 1 cup wheat bran

### Fruits & Vegetables
- 1 package of celery
- 3 medium onions
- 2-3 bulbs of garlic
- Dried fruit
- 3 tomatoes – 1 cup chopped
- 8 large carrots
- 1-2 cups sliced green onions
- 1-2 cups, 1 summer squash
- 4 medium potatoes
- 8 large mushrooms
- 1 head of cabbage
- Green salad
- 1 medium lemon

### Dairy*
- Plain low-fat yogurt
- 3 cups low-fat Mexican cheese blend
- 1.5 cups cheese for pizza
- Non-fat or low-fat milk
- 8 oz low-fat cream cheese

### Meats & Poultry*
- 1 pound ground turkey or small pieces of boneless skinless turkey or chicken
- 2-3 fillets skinless white fish
- 4.5 pounds lean ground meat
- 1 package with 2 chicken breasts
- 1 3 pound broiler-fryer chicken or roasting hen
- 12-count package of eggs

### Frozen Foods*
- 1 16 oz package of frozen yellow squash
- 1 16 oz package of frozen bell peppers
- 2 16 oz packages assorted frozen fruit

### Non-Food Items
- Non-stick spray

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*These foods should be purchased last so that their safety and quality can be protected.

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This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP, and the Expanded Food and Nutrition Education Program – EFNEP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-877-219-4646. This institution is an equal opportunity provider and employer.