



Cent\$ible Nutrition Program

3 Week Menu - Week 1 - Spring



Remember: Always check your pantry and refrigerator before shopping!

This grocery list is for recipes and does not include the exact quantities of milk, yogurt, fruits, and vegetables for sides and snacks. You will decide on the quantities based on your family size and needs.

Staples	Canned & Packaged Goods	Grains	Fruits & Vegetables
<ul style="list-style-type: none"> Honey Cinnamon Garlic powder Canola oil Brown sugar Vanilla Ground ginger Salt Black pepper Cayenne pepper Oregano Cumin Chili powder White vinegar Olive oil Enriched flour Whole-wheat flour Baking soda White sugar Nonfat dry milk 	<ul style="list-style-type: none"> 1 container nut butter 1-1.5oz can of corn 1-1.5oz can black beans 1 package sunflower seeds 1 container applesauce 1 jar of salsa 1 package egg roll wrappers 1 bottle low-sodium soy sauce 1 bottle of mustard 1 bag of dry pinto beans 1-4oz can green chilies 1 jar dijon mustard 1 bag dried navy beans (2 cups) 1 bottle ketchup 1-6oz can tomato paste 2-1.5oz cans tomato sauce 	<ul style="list-style-type: none"> Whole-grain bread Whole-grain cereal Brown rice Corn tortillas Hamburger buns Instant oats Rolled oats Crushed wheat bran Whole-grain crackers Corn flakes Orzo pasta 	<ul style="list-style-type: none"> Fruit for breakfast Vegetables (snack, sandwich, salad) Lettuce Pineapple Orange juice 5 Onion 2 Bell peppers 1 Tomato 1 package of mushrooms 1 package of coleslaw 4 green onions 1 package dried cranberries 8oz asparagus 3 stalks celery
Dairy*	Meats & Poultry*	Frozen Foods*	Non-Food Items
<ul style="list-style-type: none"> Low-fat milk Cheese slices Low-fat plain yogurt 	<ul style="list-style-type: none"> Eggs Lunch meat 1 pound white fish fillets 5 pound lean ground beef 3 pounds raw chicken 1 pound pork roast 1-8oz salmon fillet ½ pound of chopped ham 		<ul style="list-style-type: none"> Aluminum foil

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