



Cent\$ible Nutrition Program

3 Week Menu - Week 2 - 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"> Enriched flour Whole-wheat flour Baking soda White sugar Nonfat dry milk Canola oil Salt Black pepper Dried parsley Onion powder Garlic powder Ground cumin 1 package rapid rise yeast Dried dill Cinnamon 	<ul style="list-style-type: none"> 1-12oz can tuna 1 cup canned peas 1 cup canned corn Barbecue sauce 2-14oz Low-sodium chicken broth 1-15oz can black beans Sesame oil Sesame seeds Reduced sodium soy sauce 	<ul style="list-style-type: none"> Whole-grain bread Whole-grain cereal Brown rice Egg noodles Breadcrumbs Whole-wheat tortillas Old-fashioned oatmeal 	<ul style="list-style-type: none"> Veggies for snacks/ lunches Lettuce Fruit for snacks/breakfast Blueberries Bananas 7 medium potatoes 8 large mushrooms 7 large carrots 3 medium onion 1 medium lemon 1 red onion 3 medium sweet potatoes Cabbage Snap peas 1 red bell pepper
Dairy*	Meats & Poultry*	Frozen Foods*	Non-Food Items
<ul style="list-style-type: none"> Low-fat yogurt Low-fat milk Cheese slices Shredded low-fat cheese 	<ul style="list-style-type: none"> Eggs Lunch meat 4 pound lean ground beef 1-3 pounds broiler-fryer chicken or roasting hen 2 chicken breasts 	<ul style="list-style-type: none"> 1-16oz package frozen yellow squash 1-16oz package frozen bell peppers 	<ul style="list-style-type: none"> Aluminum foil

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