



Cent\$ible Nutrition Program

3 Week Menu - Week 2 - Winter



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 powder Nonfat dry milk Sugar Cornstarch Soy sauce Chicken broth (43 ounces) Canola oil Barbeque sauce Garlic powder Dried basil Dried oregano Dried thyme Dried rosemary Chili powder Cayenne pepper Cumin 	<ul style="list-style-type: none"> 1 15-ounce can red beans 1 15-ounce can stewed tomatoes 1 16-ounce package lentils 1 15-ounce can diced tomatoes 1 can tomato soup 2 15-ounce cans tomato sauce Lemon juice Ground ginger 	<ul style="list-style-type: none"> Whole-grain bread Whole-grain cereal Whole-grain English muffins Barley Brown rice Granola 	<ul style="list-style-type: none"> Fruit (dried) Fruit (fresh) Green Salad Lemon Green onion (8 ounces) Squash Bok Choy (16 ounces) 4 medium potatoes 6 stalks of celery Parsley 1 green bell pepper 1 medium sweet potato 4 medium onions 12 large carrots 8 large mushrooms Assorted veggies for lunches
Dairy*	Meats & Poultry*	Frozen Foods*	Non-Food Items
<ul style="list-style-type: none"> Low-fat vanilla yogurt Low-fat milk Shredded low-fat mozzarella cheese 	<ul style="list-style-type: none"> Eggs 1 pound white fish 2 pounds boneless chicken 4 ½ pound lean ground beef 	<ul style="list-style-type: none"> Mixed vegetables Blueberries 	<ul style="list-style-type: none"> Aluminum foil

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