



# Cent\$ible Nutrition Program

## 3 Week Menu - Week 3 - 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"> <li>Salt</li> <li>Black pepper</li> <li>White sugar</li> <li>Canola oil</li> <li>Garlic powder</li> <li>Soy sauce</li> <li>Honey</li> <li>Vanilla</li> <li>Chili powder</li> <li>Light mayonnaise</li> <li>Enriched flour</li> <li>Whole-wheat flour</li> <li>Non-fat dry milk</li> <li>Dried basil</li> <li>Dried thyme</li> <li>Dried oregano</li> <li>Dried rosemary</li> <li>Paprika</li> <li>Cumin</li> <li>Baking powder</li> </ul>	<ul style="list-style-type: none"> <li>16 ounce can refried beans</li> <li>1 15-ounce can of chopped tomatoes</li> <li>1 8-ounce can tomato sauce</li> <li>1 6-ounce can mushrooms, drained</li> <li>2 15-ounce cans great northern beans</li> <li>2 5-ounce cans water packed tuna</li> <li>1 pack ramen noodles</li> <li>Sunflower seeds</li> <li>Salsa</li> <li>Sesame oil</li> <li>Sesame seeds</li> <li>1 4-ounce can green chilies</li> <li>Breadcrumbs</li> <li>Low-sodium chicken broth</li> <li>1 can tomato soup</li> <li>2 15-ounce cans tomato sauce</li> </ul>	<ul style="list-style-type: none"> <li>Whole-grain bread</li> <li>Whole-grain cereal</li> <li>Whole-wheat tortillas</li> <li>Whole-wheat spaghetti noodles</li> <li>Tortilla chips</li> <li>Rolled oats</li> <li>Crushed wheat bran</li> </ul>	<ul style="list-style-type: none"> <li>Fruit (fresh)</li> <li>Green salad</li> <li>Fruit (dried)</li> <li>5 celery stalks</li> <li>4 tomatoes</li> <li>1 ½ head cabbage</li> <li>1 apple</li> <li>2 green onions</li> <li>1 pound kale</li> <li>1 lime</li> <li>4 medium onions</li> <li>2 6-inch zucchini</li> <li>5 carrots</li> <li>1 red bell pepper</li> <li>Sugar snap peas (2 cups)</li> <li>Cilantro</li> <li>Lemon juice</li> </ul>
Dairy*	Meats & Poultry*	Frozen Foods*	Non-Food Items
<ul style="list-style-type: none"> <li>Low-fat milk</li> <li>Low-fat yogurt</li> <li>Shredded low-fat cheddar cheese</li> <li>Parmesan cheese</li> </ul>	<ul style="list-style-type: none"> <li>Dozen eggs</li> <li>1 pound white fish fillets</li> <li>2 pounds boneless chicken breasts</li> <li>1 pound lean beef steaks</li> <li>4 pounds lean ground beef</li> </ul>	<ul style="list-style-type: none"> <li>Frozen spinach</li> <li>Frozen corn</li> </ul>	

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