

Package B Shopping List

Produce:

1/2 dozen eggs
4 apples
1 red onion
6 bananas
1 butternut squash
2 lb carrots
4 sweet potatoes

Grains & Canned Goods:

1 lb whole wheat pasta
14.75 oz can salmon
2 5 oz can chunk tuna
2 lb brown rice
1 lb plain cereal
1 loaf whole wheat bread
1 lb instant brown rice

Dairy:

1 quart low fat milk
2 lb plain low fat yogurt

Frozen:

1 lb frozen spinach