



# Sample Menus—Week 1 Grocery List

Amounts for a Family of 4 used in Week 1 menu, listed as shown in menu and in common purchase units.

## Fresh/Refrigerated Foods:

### Fruits/Vegetables

- Banana, 20 bananas (about 4 bunches)
- Apple, 8 medium
- Orange, 12 large
- Lemon, 2 medium
- Grapes, 1.5 lbs
- Celery, 1 bunch
- Carrots, 1.5 lbs (about 5 cups)
- Cucumbers, 2 medium
- Tomatoes, 4 medium
- Green pepper, 1 medium
- Red pepper, 1 medium
- White potatoes, 8 lbs
- Garlic, fresh, 2 cloves
- Onion, 3 medium
- Green cabbage, 2 lbs
- Romaine lettuce, 2 lbs

### Protein Foods

- Chicken, 4 lbs, chicken parts (thighs, legs, etc.)
- Chicken, 1 lb raw, boneless (to make 2 cups cooked)
- Lean (92% lean 8% fat) ground beef, 1 lb
- Beef round steak, 0.75 lbs
- Turkey sausage, reduced fat, 8 links (5.25 oz)
- Fish fillets, 2 lbs
- Tofu, firm, 20 oz
- Pork chop, lean, bone-in, 20 oz
- Egg, large, 3 dozen
- Hummus, 8.5 oz

### Dairy Foods

- Lowfat milk (1%), 5 gal
- Plain yogurt, nonfat,  $\frac{3}{4}$  cup (6 oz)
- Vanilla yogurt, lowfat, 6 cups (48 oz)
- Cheddar cheese, shredded, 2  $\frac{1}{4}$  cups (9 oz)

### Breads

- 8" Tortilla, whole wheat, 8 (14.5 oz)
- Roll, white, 8 (12.5 oz)
- Whole wheat bread, sliced, 44 slices (about 2 long loaves)
- English muffins, 4

### Other

- Margarine, tub, 9.5 oz

## Frozen Foods:

### Fruits/Vegetables

- 100% Apple juice concentrate, 24 oz
- 100% Orange juice concentrate, 12 oz
- Corn, 2 cups (10 oz)
- Peas, 4 cups (19 oz)
- Broccoli, 4 cups (22 oz)
- Green beans, 8 cups (35 oz)
- Mixed vegetables, 4 cups frozen (19.5 oz)

## Pantry and Canned Foods:

### Fruit/Vegetables

- Raisins, 1.25 cups (7.25 oz)
- Pears, in 100% juice, 2 cups (29 oz)
- Tomato sauce, low-sodium, 15 oz
- Tomatoes, low-sodium, diced, 43.5 oz
- Corn w/sweet peppers, 11 oz
- Green chiles, 7 oz
- Salsa, 1 $\frac{1}{4}$  cups (11 oz)

### Protein Foods

- Lentils, dry, 16 oz
- Tuna fish, canned in water, 24 oz
- Almonds,  $\frac{1}{4}$  cup chopped (1 oz)
- Walnuts, 6 Tbsp (1.5 oz)

### Grains, Pasta, Cereal, Crackers

- Brown rice, dry, 4 cups (27 oz)
- Spaghetti, dry, 5 oz
- Couscous, dry, 1 cup (6 oz)
- Oats, rolled, 6 cups (17 oz)
- Toasted oat cereal, 5 cups (5 oz)
- Whole grain crackers, 24 (4 oz)
- Pretzels, 2 cups (3 oz)

### Other

- Chocolate chips,  $\frac{1}{2}$  cup (3 oz)
- Pudding mix, vanilla, 3.4 oz
- Parmesan cheese, shredded, 1 cup (3.4 oz)

Note: Some items used in both weeks 1 and 2; amount shown is for week 1 ONLY; totally amount of non-perishables for both weeks may be purchased together.



# Sample Menus—Week 2 Grocery List

Amounts for a Family of 4 used in Week 2 menu, listed as shown in menu and in common purchase units.

## Fresh/Refrigerated Foods:

### Fruits/Vegetables

- Banana, 19 bananas (about 4 bunches)
- Orange, 8 large
- Lemon, 1 medium
- Carrots, 2.5 lbs (about 8 cups)
- Cucumbers, 4 medium
- Tomatoes, 7 medium
- Green pepper, 1 medium
- Red pepper, 2 medium
- Sweet potatoes, 4 small
- White potatoes, 4 lbs
- Garlic, fresh, 5 cloves
- Onion, 3 medium
- Romaine lettuce, 1 lb
- Spinach, fresh, 1 lb
- Fresh parsley, 5 Tbsp (1/8 bunch)
- Fresh cilantro, ¼ cup (1/4 bunch)

### Protein Foods

- Chicken, 2 lbs raw, boneless (to make, 1¼ lb cooked)
- Lean (92% lean 8% fat) ground beef, 1.5 lbs
- Turkey sausage, reduced fat, 8 links (5.25 oz)
- Tofu, firm, 14 oz pkg
- Pork chop, boneless, 14 oz
- Roast beef, deli meat, 0.5 lb. (8 oz)
- Egg, large, 2 cartons (dozen)

### Dairy Foods

- Lowfat milk (1%), 4 gal
- Vanilla yogurt, lowfat, 3 cups (24 oz)
- Cheddar cheese, reduced fat, 2 ½ cups (10 oz)

### Breads

- 8" Tortilla, whole wheat, 4 (7.25 oz)
- 6" corn tortilla, 6 (6 oz)
- Roll, white, 12 (18.25 oz)
- Whole wheat bread, sliced, 56 slices (about 3 loaves or 56 oz)

### Other

- Margarine, tub, 6 oz

## Frozen Foods:

### Fruits/Vegetables

- 100% Apple juice concentrate, 24 oz
- 100% Orange juice concentrate, 12 oz
- Peas, 4 cups (19 oz)
- Green beans, 2 cups (9 oz)
- Hash brown potatoes, 2 cups (15 oz)
- Lima beans, 1 cup (7 oz)

## Pantry/Canned Foods:

### Fruit/Vegetables

- Raisins, 2 cups (12 oz)
- Applesauce, unsweetened, 1½ cups (13 oz)
- Pineapple, chunks, in 100% fruit juice, 2 cups (18 oz)
- Tomatoes, low-sodium, diced, 43.5 oz
- Mixed vegetables, low-sodium, 15 oz
- Corn, 15.2 oz
- Green chiles, 4 oz
- Salsa, ½ cup (5 oz)
- Pumpkin, ½ cup (4.5 oz)

### Protein Foods

- Salmon, canned, 12 oz
- Tuna fish, canned in water, 24 oz
- White beans, dry, 1 lb. (16 oz)
- Kidney beans, low-sodium, 5.5 oz
- Walnuts, 6 Tbsp (1.5 oz)

### Grains, Pasta, Cereal, Crackers

- Brown rice, dry, 2 cups (14 oz)
- Egg noodles, dry, 5 oz
- Fusilli pasta, dry, 8 oz
- Oats, rolled, 5¾ cups (16.5 oz)
- Toasted oat cereal, 9 cups (9 oz)
- Graham crackers, 16 (4 oz)
- Whole grain crackers, 24 (4 oz)

### Other

- Cream of mushroom soup, low-sodium, 10 oz
- Chicken broth, low-sodium, 14.5 oz
- Pudding mix, chocolate, 3.4 oz
- Ranch dressing, 8.3 oz
- Parmesan cheese, shredded, 2/3 cup (2.25 oz)

Note: Some items used in both weeks 1 and 2; amount shown is for week 1 ONLY; totally amount of non-perishables for both weeks may be purchased together.