

# Grocery Shopping Essentials

## PRODUCE

blueberries  
bananas  
apples  
lettuce  
sweet potatoes  
bell peppers  
tomatoes

---

---

---

---



## MEAT & POULTRY

chicken  
turkey  
salmon  
beef

---

---

---

---



## DAIRY & MORE

eggs  
yogurt  
cheese sticks  
hummus

---

---

---

---



## FROZEN FOOD

fruit  
vegetables  
Halo Top

---

---

---

---



## PACKAGED

oatmeal  
granola bars  
trail mix  
black beans  
garbanzo beans  
rice  
popcorn

---

---

---

---

