

This shopping list is inclusive to all other additional recipe offerings offered by Minnesota Extension, not including those specified the EAT.MOVE. SAVE meal kit project.

**Fresh Produce**

- 1 bunch of celery
- 3-4 onions
- 2 fresh lemons
- 1 green bell pepper
- 1 head of romaine lettuce or bed of leafy greens
- 1 bag of carrots

**Canned and Dry Goods**

## Vegetables:

- 1 14.5 ounce can corn
- 1 14.5 ounce can diced tomatoes with green chilies
- 3 14.5-ounce cans diced tomatoes
- 2 15-ounce can of chili beans
- 4 15-ounce cans spaghetti sauce
- 4 15-ounce cans black beans
- 2 15-ounce cans kidney beans
- 1 15-ounce can garbanzo beans
- 2 15-ounce can cannellini beans
- 1 can sliced carrots

## Soup:

- 1 10.5-ounce can cream of mushroom soup
- 1 10.5-ounce can cream of chicken soup
- 4 quarts chicken stock
- 1 small jar chicken bouillon

**Pantry Staples**

- Salt
- Pepper
- Garlic powder
- Celery seed
- Thyme
- Sage
- Rosemary
- Onion powder
- Ground cumin
- Chili powder
- Dried oregano
- Dried basil
- Dried parsley
- Cayenne pepper
- 8-ounce jar Parmesan cheese
- Salsa
- 24-ounce jar olive oil or vegetable oil
- All-purpose flour
- Prepared mustard
- Mayonnaise
- Cider vinegar
- Lemon juice
- Tomato paste

**Frozen Foods**

- 12 oz Frozen peas
- 16 oz frozen mixed vegetables

**Cereal, Pasta and Grains**

- 1 pound penne pasta
- 1 pound elbow macaroni
- 1 pound spaghetti
- 1 pound brown rice
- 2 9-ounce boxes whole wheat crackers
- 1 box saltine crackers (optional)
- 2 loaves whole wheat bread
- 2 8-count package whole wheat tortillas
- 1 15-ounce canister bread crumbs

**Meat and Protein**

- 3 7.5-ounce cans salmon
- 2 5-ounce cans tuna
- 2 20 ounce can chicken
- 1 pound ground beef, ground turkey, or meatless substitute
- 20 ounce chicken breast
- ½ carton of eggs

**Dairy**

- 1/2-gallon low-fat milk
- 16 ounces shredded cheddar cheese
- 1 pound butter

# EAT. MOVE. SAVE.



**Illinois Extension**  
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