



SHW VIRTUAL TRAINING CLUB GROCERY SHOPPING LIST

15 Oz Can of low sodium Black Beans	1 Pound of Eggplant
Frozen Corn	28 Oz Can of Tomatoes
Plum Tomatoes	Can of Cannellini Beans
Scallions	Oregano
Cumin Powder	Dried Thyme
Chili Powder	Basil Leaves
1 Avocado	Whole Wheat Sourdough or French Bread
16 Oz Whole Wheat Pizza Dough	Reduced Fat Mozzarella
Reduced Fat Sharp Cheddar	
Baby Spinach	
6 Garlic Cloves	
Nutmeg	
4 Bonless Skinless Chicken Breasts	
Feta Cheese	
Dried or Fresh Dill	
Orzo	
1 Lemon	
Parmesan Cheese	