SHW Virtual Training Club

Grocery Shopping List

15 Oz Can of low sodium Black Beans	Medium Tomato
Squash	Fresh Oregano
Grape Tomatoes	2 Lemons
Firm Tofu	Broccoli
Green Beans	2 Portobello Mushrooms
Black Olives	Carton of Eggs
2 Avocados	Low Sodium Salsa
Thin Whole Wheat Bread	Whole Wheat Tortillas- SMALL
Red Onion	
1 Pound Tilapia Fillets	
3 Garlic Cloves	