



## SHW VIRTUAL TRAINING CLUB GROCERY SHOPPING LIST

Can low sodium garbanzo beans (chick peas)	Cumin
Tahini	Dried Oregano
Paprika	Dried Basil
1 lemon	Garlic Powder
5 cloves of garlic	1-1 ½ pounds lean ground chicken or skinless boneless chicken
Fresh Parsley	Green beans
Dipping veggies: broccoli, colored peppers, carrots, cauliflower	
Vegetable Oil	
2 Onion	
Carrots	
3 Green Peppers	
Red Pepper	
Mushrooms	
2 Cans of Peeled Tomatoes	
Can of low sodium Black Beans	
Can of low sodium Kidney Beans	
Can of low sodium Pinto Beans	