



## LATINO LIVING 7-DAY MENU: GROCERY LIST

In order to take the guesswork out of preparing 7 days of Latino meals, the Latino Nutrition Coalition created this easy to use shopping list. Here you will find all of the products you need to create the 7 Day Menu at home.

### Dairy

- 1/2 gallon 2% milk
- 1 dozen eggs
- 32oz plain yogurt
- 16 oz cheese
- 8 oz queso fresco

### Canned Goods

- 28 oz whole tomatoes
- 15 oz tomato sauce
- 8 oz tomato paste
- 15 oz soybeans
- 15 oz garbanzo beans
- 2 15 oz black beans
- 15 oz refried beans
- 8 oz red enchilada sauce
- 2.25 oz black olives
- 4 oz can green chiles
- 15 oz can peaches in juice
- 2 tuna canned in water
- 2 crabmeat

### Frozen

- 10 oz unsweetened raspberries
- 16 oz corn kernels
- 1 pint fruit sorbet
- 16 oz cut green beans
- 1 can orange juice concentrate

### Meat/Poultry

- 2.5-3 lb. pork loin
- 3 lb chicken
- 1 lb. beef chuck
- 1 lb. tilapia, flounder or cod
- 1 lb. raw shrimp

### Dry Goods

- 10 oz bottle olive oil
- 10 oz bottle soybean oil
- 18 oz quick rolled oats
- 15 oz box raisins
- 14 oz box whole grain cereal
- 6 oz sliced almonds
- 16 oz jar salsa
- 16 oz peanuts
- 17 oz balsamic vinegar
- 16 oz cider vinegar
- 16 oz white vinegar
- 14 oz tostada shells
- 8 oz peanut butter
- 8 oz jam
- 16 oz tortilla chips
- 32 oz white rice
- 16 oz brown rice
- 1.5 lb quinoa
- 16 oz angel hair pasta
- 2 qt. chicken stock
- 1 box non-caloric sweetener

### Bread

- 1 loaf whole wheat bread
- 1 package 10-inch whole wheat tortillas
- 1 package 10-inch flour tortillas
- 14 oz package corn tortillas

### Produce

- 1 jicama
- 1 head lettuce
- 1 lb grapes
- 1 mango
- 1 bunch chard
- 1 small green cabbage
- 15 tomatillos
- 1 cantaloupe
- 2 bananas
- 2 bunches scallions
- 3 red bell peppers
- 1 green bell peppers
- 1 lb carrots
- 2 bunches cilantro
- 8 tomatoes
- 4 onions
- 1 red onion
- 2 zucchini
- 1 5 lb watermelon
- 1 lemon
- 10 limes
- 2 sweet potatoes
- 4 avocados
- 16 oz strawberries
- 4 Anaheim chiles
- 5 jalapeno chiles
- 4 poblano chiles
- 1 bunch celery
- 1 bunch parsley
- 7 chayote squash
- 1 cucumber
- 3 oranges
- 2 pears
- 2 apples
- 3 lb red potatoes