



Shopping List

Your Healthy Food Prescription

JANUARY 4th, 2020 @ THE FOOD FARMACY

Medically Tailored Set of Groceries for Type 2 Diabetes

from the Living Hungry Coalition

Whats in the Bags? Here is your "Shopping List" for today and your future grocery store trips.

FRESH VEGETABLES		
40%		
<u>17 Svgs.</u>		<u>8 Choices</u>
2	Celery	2 bunches
2	Cauliflower	1 head
2	Lettuce	2 head
2	Spinach	1 1lb baggie
2	Zucchini	4 medium
2	Grape Tomatoes	1 box
2	Can Tomato Paste	2 cans
3	Onion Red	4 onions

PROTEINS & DAIRY		
25% & 5%		
<u>13 Svgs</u>		<u>8 Choices</u>
4	Chicken	4 pieces
2	Salmon Fish	2 pieces
1	Cashews	8 oz baggie
1	Peanut Butter	1 Jar
2	Red Beans	2 x 1lb baggies
1	Eggs	1 dozen
1	Yogurt	4 x 5 oz cups
1	Almond Milk	1 quart

FRESH FRUITS		
10%		
<u>5 Svgs</u>		<u>4 Choices</u>
2	Apples Granny Smith	5 apples
1	Strawberries	1 box
1	Blueberries	1 box
1	Lemons	4-5 lemons

WHOLE GRAINS		
20%		
<u>8 Svgs</u>		<u>5 Choices</u>
2	Brown Rice	2 x 1lb baggies
1	Whole Oats Oatmeal	1 carton
2	Whole Grain Penne	2 boxes
2	Jumbo Sweet Potatoes	2 potatoes
1	Quinoa Organic Red	1x 1lb box

SPICES & SAUCES		
1	Cilantro	1 bunch

HEALTHY FATS		
3	Avocados	5 avocados