



# Shopping List

## Your Healthy Food Prescription

JANUARY 18th, 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	Broccoli	1 band set
2	Lettuce	2 head
3	Spring Mix Organic	1.5 lb baggie
2	Cucumbers	3-4 large
2	Green Peppers	5-6 medium
2	Can Tomato Paste	2 cans
2	Onion Yellow	4 onions

PROTEINS & DAIRY		
25% & 5%		
<u>13 Svgs</u>		<u>8 Choices</u>
4	Chicken	4 pieces
2	Cod Fish	2 pieces
1	Almonds	1 lb baggie
1	Lentils	1lb baggie
2	Black 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	Bananas	4-5 pieces
1	Blackberries	1 box
1	Red Delicious Apple	2 pieces
1	Lemons	5 pieces

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	Spaghetti Whole Grain	2 pouches
2	Whole Grain Bread	1 loaf
1	Quinoa Organic White	1x 1lb pouch

SPICES & SAUCES		
1	Cholula Hot Sauce	1 Bottle
1	Ranch	3 pouches

HEALTHY FATS		
1	Olive Oil	1 bottle
5	Avocados	5 avocados