



Shopping List

Your Healthy Food Prescription

from the Living Hungry Coalition

Medically Tailored Set of Groceries for Type 2 Diabetes

DECEMBER 14th, 2019 @ THE FOOD FARMACY

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

FRESH VEGETABLES

35%
14 Servings

2	Celery	2 bunches
2	Cucumber	2 large
2	Lettuce	2 heads
2	Spinach (alternate)	<i>alt 1lb baggie</i>
2	Mushroom Crimini	2 x 1/2lb bags
2	Tomatoes	6 - 8 small
2	Can Tomato Paste	2 cans
2	Onion Yellow	4 onions

FRESH FRUITS

15%
5 Servings

2	Apples	3-4 apples
1	Bananas	2-3 bananas
1	Red Raspberries	1 box
1	Avocado	2 medium

PROTEINS & DAIRY

25%
12 Servings

3	Chicken	3 pieces
2	Tilapia Fish	2 pieces
1	Yogurt	4 x 5 oz cups
3	Walnuts	3x 1/4 lb baggies
2	Black Beans	2 x 1lb baggies
1	Almond Milk	1 quart

HEALTHY FATS

1	Olive Oil	1 bottle
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WHOLE GRAINS

20%
7 Servings

2	Brown Rice	2 x 1lb baggies
2	Whole Oats Oatmeal	2 cartons
2	Whole Grain Spaghetti	2 boxes
1	Quinoa Organic White	1x 1lb box