



Quick & Healthy *Grocery List*

Fresh Vegetables

1 medium onion

Fresh Fruit

Cereals/Canned/Packaged Foods

30 ounces canned kidney beans

1 can (16 ounces) diced tomatoes

1 can (4 ounces) diced green chiles

Staples/Spices

dried cilantro, chili powder, cumin, chopped garlic(or fresh)

Paper/Cleaning Products

Bread

Meat/Poultry/Seafood

1/2 pound skinless, boneless chicken breasts

Milk/Yogurt/Cheese/Eggs

Frozen Foods

Miscellaneous

Above ingredients are for Chicken Chili



Quick & Healthy *Grocery List*

Fresh Vegetables

Fresh Fruit

Cereals/Canned/Packaged Foods

Staples/Spices

Paper/Cleaning Products

Bread

Meat/Poultry/Seafood

Milk/Yogurt/Cheese/Eggs

Frozen Foods

Miscellaneous