

Sample Menu Shopping List

PRODUCE

- 3 lb. bag Early Red Apples Qty: 1
- Bartlett Pears Qty: 4
- Yellow Ripe Bananas Qty: 10
- Jalapeño Pepper Qty: 1
- Bunch Cilantro Qty: 1
- Lime Qty: 1
- Cucumbers Qty: 4
- Plum/Roma Tomatoes Qty: 2
- Red Peppers Qty: 1
- Romaine Lettuce Qty: 2
- Green Beans Qty: 1 lb.
- 5 lb. bag Carrots Qty: 1
- 2 lb. bag Hannaford Yellow Onions Qty: 1
- Sweet Potatoes Qty: 1
- 5 lb. bag California Potatoes Qty: 1
- Zucchini Qty: 4
- 4.5 oz. Nature's Place Minced Garlic Qty: 1

DELI

- Taste of Inspirations Oven Roasted Turkey Qty: .75 lb.
- 13.1 oz. pkg. La Tortilla MultiGrain Wraps w/Extra Virgin Olive Oil Qty: 1
- 8 oz. Joseph's Tomato Basil Hummus Qty: 1

MEAT

- 90% Lean Ground Beef Qty: 2 lb.
- Hannaford Grade A Whole Young Chicken Qty: 1

DAIRY

- 18 ct. Hannaford Large Brown Eggs Qty: 1
- 128 oz. My Essentials Skim Fat Free Milk Qty: 2
- 32 oz. My Essentials Light Nonfat Plain Yogurt Qty: 2
- 16 oz. Hannaford Natural 2% Sharp Cheddar Cheese Qty: 1
- 15 oz. Smart Balance Light Buttery Spread w/Flax Oil Qty: 1

SEAFOOD

- Haddock Fillets - Wild Caught - Frozen-at-Sea Qty: 2 lb.

GROCERY

- 32 oz. Almond Breeze Unsweetened Vanilla Beverage Qty: 2
- 14.7 oz. Amy's Organic Medium Chili Qty: 2
- 8 oz. Hannaford Grated Parmesan & Romano Cheese Qty: 1
- 32 oz. Hellmann's Canola Real Mayonnaise Qty: 1
- 28 oz. Hannaford Crushed Tomatoes Qty: 2
- 8.1 oz. Classico Traditional Basil Pesto Qty: 1
- 14.5 oz. Hannaford Low Sodium Fat Free Chicken Broth Qty: 1
- 5 oz. Hannaford Olive Oil Cooking Spray Qty: 1
- 17 oz. Hannaford Light Olive Oil Qty: 1
- 2 lb. King Arthur 100% Organic White Whole Wheat Flour Qty: 1
- 14.5 oz. Barilla Plus Farfalle Qty: 1
- 14.5 oz. Barilla Plus Elbows Qty: 1
- 2 lb. Hannaford Long Grain Brown Rice Qty: 1
- 16 oz. Hannaford Dried Pinto Beans Qty: 1
- 16 oz. Hannaford Thick & Chunky Mild Salsa Qty: 2
- 4.9 oz. Ortega Whole Grain Taco Shells 12 Count Qty: 1
- 32 oz. Hannaford White Popcorn Kernels Qty: 1
- 16 oz. Nature's Place Natural Smooth Peanut Butter Qty: 1
- 10 oz. Polaner All Fruit Strawberry Spread Qty: 1
- 15 oz. Hannaford Fancy Original Apple Sauce Qty: 1
- 24 oz. Hannaford 100% Whole Wheat Bread Qty: 1
- 15 oz. Hannaford Seedless Raisins Box Qty: 1
- 3.14 oz. M&M's Plain Chocolate Candies Qty: 1
- 16 oz. Hannaford Low Fat Granola Cereal Qty: 1
- 18 oz. Hannaford Old Fashioned Oats Qty: 1
- 16 oz. Hannaford Dry Roasted Peanuts Qty: 1
- 5.25 oz. David's Sunflower Seeds Qty: 1
- 50 ct. Home 360 Paper Lunch Bags Qty: 1

FROZEN

- 16 oz. Hannaford Green Peas Qty: 1
- 16 oz. Hannaford Super Sweet Corn Qty: 1
- 15 oz. Wyman's Mixed Berries Qty: 1
- 14 oz. Goya Frozen Mango Chunks Qty: 1
- 20 oz. Hannaford Butternut Squash Qty: 1