**DASH Grocery List (under 60 minutes)**

**Dairy and Eggs**

* Reduced-Fat Cream Cheese spreadable
* Reduced-fat Greek Yogurt
* ¼ gallon buttermilk
* Low fat swiss block

**Bread**

* WW tortillas
* WW everything bagels
* WW bread loaf
* Yellow corn tortillas
* Thomas’ Wheat English Muffin

**Canned Goods**

* Low-sodium chicken broth, 7 cups worth
* Chickpeas can (1)
* Sweet and Sour sauce, Reduced Sodium
* Corn, no salt added (2)
* Diced green chiles (1)
* Reduced sodium enchilada sauce (1)
* Low sodium spaghetti sauce

**Dry/Baking Goods**

* WW all-purpose flour
* Yellow Cornmeal
* 1 C quick-cooking oats
* Extra Virgin Olive Oil (check how much we have left)
* Pam Cooking Spray

**Frozen Food**

* Frozen peas bag

**Meat**

* 4 lb chicken breast
* 4 fillets of tilapia
* SPRING ROLL WRAPS (1 pack)

**Produce**

* Garlic Cloves (4)
* Bell Peppers (2)
* Slightly Green Bananas
* Carrot (2)
* Tomatoes (6)
* Mushrooms (1)
* Cucumber
* Romaine lettuce (2 heads)
* Cabbage
* 1 lb Russet potatoes (or other white baking potatoes)
* Red onion (1)
* Fresh cilantro
* Fresh parsley
* Cucumber (2)
* Oranges (3)
* Small Squash (3)

**Other Goods (personal care, paper products, cleaning products)**

n/a

Dairy/Eggs and Frozen Foods= 10 min.

Bread and Dry goods= 10 min.

Canned Goods= 10 min.

Meat and Produce= 15 min.

At the 45 minute mark, head to cash register. Pay and leave!