

how to create a healthy + affordable

grocery list

using Jewel-Osco's O Organics + Open Nature products

PRODUCE + PROTEINS

- O Organics Organic Chicken Tenders
- O Organics Organic Ground Beef 85% Lean 15% Fat
- O Organics Mixed Baby Greens (or lettuce of choice)
- O Organics Carrots Sticks
- O Organics Seasonal Fruits, Vegetables, and Herbs

PANTRY STAPLES

- O Organics Pure Honey
- O Organics Pure Maple Syrup
- O Organics Nut Butters
- O Organics Olive Oil
- O Organics Coconut Oil
- O Organics Cooking Spray
- O Organics Walnuts (or fav nut of choice)
- O Organics Dried Fruit
- O Organics Granola

DAIRY + FRIDGE STAPLES

- O Organics Coconut Milk (or fav non-dairy-milk)
- Open Nature Flavored Icelandic Style Yogurt
- Open Nature Plain Greek Strained Yogurt
- O Organics Sharp White Cheddar Cheese (or fav cheese of choice)
- O Organics Free Range Eggs
- O Organics Unsalted Butter
- O Organic Traditional Hummus

GRAINS + FLOURS

- O Organics Coconut Flour (or whole wheat or almond flour)
- O Organics Old Fashioned Oats
- O Organics Quinoa (or other favorite grain like brown rice)
- O Organic Pasta Fusilli Chickpea (or other gluten-free pasta)

SNACKS + FROZEN STAPLES

- O Organics Tropical Blend Frozen Fruit
- Open Nature Broccoli Crust Pizza
- O Organics Vegetable Potsickers
- Open Nature Ice Cream Scandaless
- Open Nature Multigrain Pita Crackers
- Open Nature Pretzel Crisps
- Open Nature Date Bar Choc Chip Cookie Dough

CONDIMENTS + CANNED GOODS

- O Organics Lemon & Olive Oil Dressing
- O Organics Garbanzo Beans
- O Organics Canalenni Beans
- O Organics Tomato Sauce
- O Organics Crushed Tomatoes
- O Organics Spices
- O Organics Ketchup
- O Organics Dijon Mustard
- O Organics Mayo
- Open Nature Pickles