



# HEIDI'S HEALTHY CANASTA

## *Produce List*

Produce is purchased through Jetro

\*Produce is subject to change based on availability and season

**\*Bags contain 8-10 produce items**

**Week A:** Lettuce, Cucumbers,  
Onions, Green Peppers, Green  
Plantains, Cilantro, Oranges,  
Mangos or apples, Lentils,  
Brown Rice

**Week B:** Lettuce, Tomatoes,  
Carrots, Potatoes, Spinach,  
Parsley, Apples, Oranges or  
pears, Cornmeal, Beans

**Week C:** Lettuce, Cucumbers,  
Onions, Red Peppers, Broccoli,  
Cilantro, Oranges, Pineapple or  
apples, Lentils, Brown Rice

**Week D:** Lettuce, Tomatoes,  
Potatoes, Carrots, Cabbage or  
Collard Greens, Beans, Apples,  
Pears, Cornmeal or oatmeal

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