



## GROCERY LIST

### Produce

- 4 scallions (5)
- 1/2 yellow onion (2)
- 1 large red onion (1)
- 1 red onion or red bell pepper (4)
- 1/2 bell pepper, any variety (2)
- 1 red bell pepper (1)
- 1 tomato (4)
- 1 head romaine lettuce (4)
- 1 head lettuce, any variety (3a)
- 12 - 18 oz. baby spinach (3)
- 1 1/2 - 2 cups fresh basil leaves (1)
- 2 Tbsp. fresh dill (4)
- 1/2 cup fresh parsley (2)
- 3 medium to large beet (or use pre-cooked beets, we love the vacuum-packed ones from Trader Joe's) (5a)
- 3 medium zucchini (2)
- 1 cucumber (4)
- 1 cup corn kernels, fresh, frozen or canned (5)
- 1 - 2 lemons (4)
- 1 red apple, such as Gala or Fuji (3a)
- 1 bunch seedless grapes (4a)

### Meat and Fish

- 1 1/2 lbs. boneless, skinless chicken breasts (1)
- 8 oz. lean ground beef, turkey or meatless crumble (2)

### Shelved Items

- 1 loaf whole grain bread (2a)
- 1 1/2 cups quick-cooking brown rice or regular white rice (1a)
- 16 oz. penne noodles (3)
- 1/2 cup stone ground cornmeal (5)
- 1 cup tomato and basil flavored pasta sauce (2)
- \* 1/2 cup salsa (optional)(5)
- \* 6 1/2 oz. light tuna in water or olive oil (optional)(4)
- 15 oz. cannellini beans (4)
- 1 cup pitted kalamata olives (4)
- 2 Tbsp. capers (3)
- 2 Tbsp. pecans (3a)

### Spices

- 1 tsp. salt (1a)(3)(5)
- 1 tsp. dried oregano (4)
- 3/8 tsp. black pepper (3)(4)

### Staples

- 2 tsp. butter (5)
- 4 Tbsp. + 1/4 cup extra virgin olive oil (2)(3)(4)
- 2 Tbsp. + 1/4 cup canola or vegetable oil (1)(5)
- 2 tsp. white wine vinegar (5a)
- 2 - 4 Tbsp. vinaigrette dressing (3a)
- 2 tsp. grainy Dijon mustard (use wheat/gluten-free if needed) (5a)
- 6 - 8 Tbsp. reduced-sodium soy sauce (use wheat/gluten-free if needed) (1)(1a)
- 1 Tbsp. brown sugar (1)
- \* 1/4 cup pure maple syrup (optional)(5)
- 1 Tbsp. honey (5)
- 1/2 cup nonfat or low fat milk (5)
- 2 eggs (5)
- 2 Tbsp. + 2 1/2 tsp. minced garlic (1)(2)(3)(4)
- 1/2 cup flour (use wheat/gluten-free if needed) (5)
- 1 tsp. baking powder (5)

### Refrigerated/Frozen Section

- 2 Tbsp. crumbled Gorgonzola or blue cheese (3a)
- 1/2 cup feta cheese (4)
- 1/4 cup shredded Parmesan cheese (3)
- 2 Tbsp. grated Parmesan cheese (2)
- 1 cup shredded part-skim mozzarella cheese (2)
- \* 1/2 cup nonfat sour cream (optional)(5)
- 1/2 cup refrigerated pesto sauce (3)
- 1 cup frozen peas (1a)

### The above ingredients will make

(1) = Thai Garlic and Basil Chicken, (1a) = Steamed Rice and Peas, (2) = Stuffed Zucchini Gondolas, (2a) = Whole Grain Bread, (3) = Penne Pesto with Baby Spinach, (3a) = Green Salad with Apples, Gorgonzola and Pecans, (4) = Greek Chopped Salad, (4a) = Seedless grapes, (5) = Corn and Scallion Pancakes, (5a) = French Beet Salad

\* - Includes ingredients that are optional.