



## GROCERY LIST

### Produce

3 carrots (4)  
 1/2 yellow onion (2a)  
 1 red bell pepper (5)  
 \* 1/2 green chili pepper (*optional*)(2a)  
 1 pint cherry tomatoes (3)  
 1 small head lettuce (4a)  
 6 oz. baby spinach (1)  
 1 tsp. + 1 Tbsp. fresh ginger (2a)(5)  
 1 cup fresh basil (3)  
 1 lb. green beans, fresh or frozen (1a)  
 2 zucchini (4)  
 1 yellow squash (4)  
 1 sweet potato (5)  
 4 ears fresh corn (3)  
 1 small to medium head cauliflower (5)  
 8 oz. sliced mushrooms (1)  
 1/8 lemon (1a)  
 2 - 4 apples (3b)

### Meat and Fish

1 lb. boneless, skinless chicken breasts (1)  
 1 1/2 lbs. salmon fillet (2)  
 \* 6 - 8 oz. cooked turkey sausage (*optional*)(4)  
 6 strips bacon (turkey, pork or meatless) (3)

### Shelved Items

1 - 2 cups quick-cooking brown rice or regular white rice (5a)  
 1 bag Success Rice Whole Grain Brown Rice or 1 cup quick-cooking brown rice (1)  
 1 cup quinoa (2a)  
 16 oz. fettuccine (4)  
 12 lavash crackers (Armenian cracker bread) or use gluten/wheat free crackers (3a)  
 1/2 cup sliced sundried tomatoes in oil (1)  
 1/2 cup reduced-sodium chicken broth (1)  
 1/4 cup white wine (1)  
 2 - 3 Tbsp. dried cranberries (preferably naturally sweetened) (4a)

### Spices

1 5/8 tsp. salt (1a)(2a)(3)(4)  
 3/4 tsp. kosher salt (1)(2)  
 1/2 tsp. Italian seasoning blend (1)  
 3/8 tsp. black pepper (1)(1a)  
 1/4 tsp. ground cinnamon (2a)  
 1/2 tsp. ground cumin (2a)  
 1 tsp. turmeric (2a)  
 1/2 tsp. curry powder (2)

### Staples

2 Tbsp. butter (1)  
 1 Tbsp. + 1 tsp. + 1/4 cup extra virgin olive oil (1a)(2)(4)  
 2 Tbsp. vegetable oil (5)  
 1 Tbsp. canola or vegetable oil (2a)  
 2 - 4 Tbsp. vinaigrette dressing (4a)  
 1/4 cup reduced-sodium soy sauce (use wheat/gluten-free if needed) (5)  
 2 tsp. brown sugar (2)  
 \* 1/4 cup honey (*optional*)(3b)  
 5 1/2 tsp. minced garlic (1a)(3)(4)(5)

### Refrigerated/Frozen Section

1/4 cup shredded or grated Parmesan cheese (4a)  
 1 cup grated Parmesan cheese (4)  
 6 oz. pkg. light Laughing Cow garlic and herb spreadable cheese (1)  
 1/2 cup nonfat sour cream (3)  
 15 oz. extra-firm tofu (5)  
 1 cup frozen peas (2a)

### The above ingredients will make

(1) = Creamy Herbed Chicken with Spinach and Sundried Tomatoes, (1a) = Green Beans with Lemon and Garlic, (2) = Indian Spiced Salmon, (2a) = Indian Quinoa Pilaf, (3) = Corn, Tomato and Bacon Salad with Creamy Basil Dressing, (3a) = Lavash Crackers (Armenian Cracker Bread), (3b) = Sliced Apples, (4) = Fettuccine with Shredded Zucchini, Carrots and Garlic, (4a) = Green Salad with Dried Cranberries and Shredded Parmesan Cheese, (5) = Cauliflower and Sweet Potato Stir-Fry, (5a) = Brown or White Rice

\* - Includes ingredients that are optional.