



GROCERY LIST

Produce

2 carrots (3)
 2 - 3 scallions (5)
 1/2 yellow onion (3)
 1 small yellow onion (4)
 1/2 red bell pepper (4)
 1 yellow bell pepper (2)
 1/2 - 1 jalapeno pepper (4)
 2 tomatoes (5)
 2 cups baby spinach (2)
 3 cups fresh spinach (3)
 1 Tbsp. fresh ginger (1)

1/4 cup fresh cilantro (1)
 * 2 Tbsp. fresh cilantro or fresh flat-leaf parsley (*optional*)(4)
 1/2 cup fresh flat-leaf parsley (5)
 1 Tbsp. fresh sage, thyme, parsley, basil, or any combination (2)
 1 lb. Brussels sprouts (2a)
 1 small cucumber (5)
 1 avocado (5)
 1 lemons (2)(5)
 1/2 lime (1)
 3 - 4 pears (3a)
 1 large mango (1)

Meat and Fish

1 1/2 lbs. boneless, skinless chicken breasts (1)
 1 - 1 1/2 lbs. tilapia, or use flounder, cod or other thin fish fillets (2)

1 lb. pre-cooked mini meatballs (3)

Shelved Items

1 pkg. Indian naan, Middle Eastern flatbread or pita (5a)
 1/2 cup orzo or ditalini noodles (3)
 6 whole wheat or corn tortillas (4)
 1/2 cup low fat granola or muesli (4a)
 1 cup tomato sauce (4)
 15 oz. no salt added petite-diced tomatoes (3)

32 oz. reduced-sodium chicken or vegetable broth (3)
 1 cup chunky salsa (4)
 2 Tbsp. white wine (2)
 * 1/4 cup vegetarian refried beans (Amy's is our favorite) (*optional*)(4)
 15 oz. canned chickpeas (garbanzo beans) (5)
 2 cups unsweetened applesauce (4a)

Spices

1/2 - 3/4 tsp. salt (2)(5)
 3/8 - 3/4 tsp. kosher salt (1a)(2a)
 * 1/4 tsp. crushed red pepper flakes (*optional*)(1)

1/4 - 3/8 tsp. black pepper (2)(5)
 1/4 tsp. ground cinnamon (4a)
 1/2 tsp. ground cumin (5)

Staples

6 - 7 Tbsp. extra virgin olive oil (2)(2a)(3)(4)(5)
 3 Tbsp. reduced-sodium soy sauce (use wheat/gluten-free if needed) (1)
 2 1/3 Tbsp. honey (1)

6 eggs (4)
 2 tsp. minced garlic (1)(3)

Refrigerated/Frozen Section

1/2 cup shredded Cheddar or Monterey Jack cheese (4)
 * 3/4 cup reduced-fat sour cream (*optional*)(4)

1 dill pickle (such as Claussen) (5)
 16 oz. edamame (Japanese soy beans, sold frozen) or frozen peas (1a)

Misc

1 cup water (3)

The above ingredients will make

(1) = Honey-Glazed Chicken with Mango Salsa, (1a) = Steamed Edamame (Japanese Soy Beans), (2) = Tilapia Packets with Fresh Herbs and Baby Spinach, (2a) = Roasted Brussels Sprouts, (3) = Meatball and Orzo Soup, (3a) = Sliced Pears, (4) = Mexican Poached Eggs, (4a) = Applesauce with Cinnamon and Granola, (5) = Luscious Chickpea, Avocado and Cucumber Salad, (5a) = Indian naan, Middle Eastern flatbread or pita

* - Includes ingredients that are optional.