



## GROCERY LIST

### Produce

- |   |                                      |
|---|--------------------------------------|
| 1/2 lb. baby carrots or large carrots (3a)        | 1 head lettuce, any variety (5a)     |
| 3 carrots (3)                                     | 1 clove garlic (4)                   |
| 1 large yellow or white onion (1)                 | 1/8 cup fresh cilantro (4)           |
| 1 yellow onion (3)                                | 2 - 3 Tbsp. fresh mint (5)           |
| 1/2 orange bell pepper (4)                        | 1/4 cup cooked beets (5a)            |
| 5 - 6 stalks celery (3)                           | 2 - 3 zucchini or yellow squash (2b) |
| 1/2 lb. celery (3a)                               | 1 avocado (4)                        |
| 2 tomatoes (5)                                    | 2 lemons (1)(2)(4)                   |
| 1 head (6 oz.) Boston, butter or bibb lettuce (4) | 1 - 2 pomegranates (1a)              |

### Meat and Fish

- |  |  |
|--|--|
| 1 lb. yellowfin tuna (use US Atlantic, pole-caught, if possible) (2)     | 8 oz. bacon (turkey, pork or meatless) (3) |
| 2 lbs. boneless pork loin roast or boneless, skinless chicken thighs (1) |  |

### Shelved Items

- |   |   |
|---|---|
| 6 whole wheat or white pita breads (1)  | * 2 Tbsp. red wine ( <i>optional</i> )(3) |
| 1/2 cup quinoa (4)  | 1 cup brown or green lentils (3)          |
| 1 - 2 cups whole wheat or regular couscous (2a)                                     | 2 Tbsp. capers (5)                        |
| 16 oz. rigatoni noodles (5)   | 1/4 cup tapenade or olive paste (5)       |
| 4 oz. multigrain tortilla chips (like the ones made by Food Should Taste Good) (4a) | 2 Tbsp. pecans (5a)                       |
| 4 cups water, chicken or vegetable broth (3)  | 2 Tbsp. unsalted sunflower seeds (4)      |
| 3/4 cup light ranch dressing or other dip (3a)                                      |   |

### Spices

- |                                |   |
|--------------------------------|---|
| 1 3/4 - 2 tsp. salt (2b)(3)(4) | 1 tsp. dried oregano (1)                  |
| 1/2 tsp. kosher salt (1)       | 1/2 tsp. crushed red pepper flakes (2)(5) |
| 1 bay leaf (3)                 | 1/2 tsp. black pepper (1)(2b)(3)          |

### Staples

- |  |  |
|--|--|
| 6 Tbsp. + 1/2 cup extra virgin olive oil (1)(2)(2b)(3)(4)(5) | 1 Tbsp. reduced-sodium soy sauce (use wheat/gluten-free if needed) (2) |
| 2 - 4 Tbsp. vinaigrette dressing (5a)                        | 2 1/2 tsp. minced garlic (1)(2)(5)                                     |

### Refrigerated/Frozen Section

- |   |                                  |
|---|----------------------------------|
| * 3/4 cup crumbled feta cheese ( <i>optional</i> )(1)   | 2 Tbsp. orange juice (4)         |
| 2 Tbsp. crumbled goat cheese (5a)                       | 6 oz. frozen shelled edamame (4) |
| * 1/2 cup grated Parmesan cheese ( <i>optional</i> )(5) |                                  |

### The above ingredients will make

(1) = Pork (or Chicken) Souvlaki, (1a) = Pomegranates, (2) = Grilled Yellowfin Tuna with Fresh Lemon and Garlic Marinade, (2a) = Whole Wheat Couscous, (2b) = Grilled Zucchini or Yellow Squash, (3) = Lentil Stew with Bacon, (3a) = Carrot and Celery Sticks, (4) = Super Foods Salad with Cilantro-Avocado Dressing, (4a) = Multigrain Tortilla Chips, (5) = Rigatoni with Tomatoes and Tapenade, (5a) = Green Salad with Beets, Goat Cheese and Pecans

\* - Includes ingredients that are optional.