



GROCERY LIST

Produce

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| 1/2 yellow or white onion (4) | 1 lb. broccoli (2b) |
| 1 red onion (5) | 1 1/2 lbs. red potatoes (5) |
| 1 green bell pepper (4) | 2 ears fresh corn (4) |
| 1 tomato (4) | 1 head cauliflower (1a) |
| 1 head lettuce, any variety (5b) | 2 - 4 avocados (4a) |
| 4 oz. kale, spinach or other greens (5) | 1 lemon (4) |
| 1 lb. kale (3) | 1 1/2 limes (2)(4a) |
| 1/4 cup fresh cilantro (2) | 6 - 12 clementines (3a) |
| 1/4 cup fresh cilantro and/or chives (4) | 1/2 cup seedless grapes (5b) |
| 1 Tbsp. fresh sage leaves (1) | |

Meat and Fish

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| 4 boneless, skinless chicken breast halves (1) | * 4 oz. prosciutto, smoked ham, or soy chorizo (<i>optional</i>)(3) |
| 1 lb. medium or large shrimp, peeled and deveined (2) | |

Shelved Items

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| 3 slices wheat or rye bread (1) | 16 oz. fusilli noodles (use wheat/gluten-free if needed) (3) |
| 4 slices sourdough bread (use wheat/gluten-free bread if needed) (5a) | 15 oz. reduced-sodium canned black beans (4) |
| 1 cup quinoa (4) | 4 oz. sliced black olives (4) |
| 1 - 2 cups buckwheat (kasha) (2a) | 1/4 cup shelled pistachio nuts (5b) |

Spices

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| 1 5/8 - 2 1/4 tsp. salt (1)(1a)(2)(4)(4a)(5) | 1/2 tsp. ground coriander (4) |
| 1/4 - 1/2 tsp. salt-free lemon pepper seasoning (2b) | 3/4 tsp. ground cumin (1a)(4) |
| 1/2 tsp. dried oregano (5) | 1/2 tsp. garlic powder (4)(5) |
| 1/4 - 1/2 tsp. crushed red pepper flakes (3) | 1/2 tsp. chili powder (1a) |
| 7/8 tsp. black pepper (1)(2)(4)(5) | |

Staples

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| 11 Tbsp. + 1/4 cup extra virgin olive oil (1)(1a)(2)(3)(4)(5) | 8 eggs (5) |
| 2 - 4 Tbsp. vinaigrette dressing (5b) | 2 1/2 tsp. minced garlic (1)(2)(3) |
| 4 tsp. Dijon mustard (use wheat/gluten-free if needed) (1) | 1/4 cup bread crumbs (use wheat/gluten-free if needed) (3) |
| 1 tsp. honey or agave nectar (4) | |

Refrigerated/Frozen Section

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| 2 Tbsp. crumbled Gorgonzola cheese (5b) | 1/4 cup grated Parmesan cheese (3) |
| 3/4 cup crumbled feta cheese (5) | |

The above ingredients will make

(1) = Chicken with Dijon-Sage Crumbs, (1a) = Roasted Cauliflower Poppers, (2) = Cilantro Lime Shrimp, (2a) = Buckwheat (Kasha), (2b) = Steamed Broccoli with Lemon Pepper Seasoning, (3) = Fusilli with Prosciutto and Kale, (3a) = Clementines, (4) = Incan Quinoa Delight, (4a) = Avocados with Lime, (5) = Frittata with Red Potato and Greens, (5a) = Sourdough Bread, (5b) = Green Salad with Grapes, Pistachios, and Gorgonzola Cheese

* - Includes ingredients that are optional.