



GROCERY LIST

Produce

6 carrots (3)(4)(5)
 4 scallions (2)(4)
 1 yellow onion (5)
 1 lb. parsnips or carrots (2a)
 1 red onion (1)
 1 red bell pepper (5)
 1/2 yellow bell pepper (2)
 1 tomato (2)
 2 1/2 - 3 lbs. tomatoes (5)
 1 head lettuce, any variety (5a)
 1 bunch kale (3a)
 4 cloves garlic (5)

1 tsp. fresh ginger (4)
 * 1/4 cup fresh cilantro (*optional*)(1)
 1/2 cup fresh parsley (3)
 1 lb. green beans (1b)
 2 oz. shiitake or oyster mushrooms (4)
 3/4 lemons (1b)(3)
 1 lime (2)
 1 orange (5a)
 1/2 cup blueberries, fresh or frozen (4a)
 1 banana (4a)
 2 cups mango, fresh or frozen (4a)

Meat and Fish

1 lb. ground turkey or beef, preferably lean grass fed beef (1)
 1 lb. jumbo lump crab meat (2)

* 2 pre-cooked sausage links, pork, chicken or meatless (use wheat/gluten-free if needed) (*optional*)(3)

Shelved Items

1 - 2 cups quick-cooking brown rice or regular white rice (1a)
 16 oz. radiatore pasta (5)
 8 medium whole wheat or flour tortillas (soft taco size) (2)
 15 oz. diced fire-roasted tomatoes (1)
 4 cups reduced-sodium chicken or vegetable broth (4)
 * 1 cup salsa (*optional*)(2)

1/4 cup rice vinegar (4)
 15 oz. canned chickpeas (garbanzo beans) (3)
 2 1/2 cups pre-cooked lentils (3)
 2 Tbsp. capers (1)
 1/4 cup raisins (1)
 2 - 4 Tbsp. walnuts (5a)

Spices

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

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

Staples

4 - 5 Tbsp. + 1/2 cup extra virgin olive oil (1)(2a)(3)(3a)(5)
 1 tsp. sesame oil (4)
 2 Tbsp. balsamic vinegar (1)(3)
 2 - 4 Tbsp. vinaigrette dressing (5a)
 1 Tbsp. Dijon mustard (use wheat/gluten-free if needed) (3)

2 Tbsp. reduced-sodium soy sauce (use wheat/gluten-free if needed) (4)
 1 egg (4)
 2 1/2 tsp. minced garlic (1)(4)
 4 tsp. cornstarch (4)

Refrigerated/Frozen Section

2 cups shredded Monterey Jack or Pepper Jack cheese (2)
 1 - 2 Tbsp. goat or feta cheese, crumbled (1b)
 3/4 cup crumbled feta or goat cheese (3)
 1/2 cup + 2 Tbsp. grated Parmesan cheese (5)(5a)

1 cup nonfat vanilla yogurt (4a)
 1 1/4 cups orange juice (4a)
 8 oz. extra-firm tofu (4)

The above ingredients will make

(1) = Spanish Picadillo, (1a) = Brown or White Rice, (1b) = Steamed Green Beans with Goat or Feta Cheese, (2) = Lump Crab Quesadillas, (2a) = Roasted Parsnips or Carrots, (3) = Lentil, Chickpea and Carrot Salad with Feta Cheese, (3a) = Baked Kale Chips, (4) = Hot and Sour Soup, (4a) = Fruity Swirl Smoothies, (5) = Pasta with Roasted Tomato Sauce, (5a) = Green Salad with Diced Orange, Walnuts and Parmesan Cheese

* - Includes ingredients that are optional.