



GROCERY LIST

Produce

- 2 - 4 scallions (1)
- 2 Tbsp. fresh chives (2)
- 2 1/2 yellow onions (1a)(4)(5)
- 2 stalks celery (1)
- 1 tomato (5)
- 1 small head lettuce (2a)
- 6 - 9 oz. baby spinach (5)
- 1/4 cup fresh dill (2)
- 1 lb. Brussels sprouts (1a)
- 1 avocado (3)
- 1 lemon (2)
- * 1/4 lime (*optional*)(4a)
- 1 bunch seedless grapes (3a)
- 6 - 8 cups seasonal mixed fruit such as strawberries, blueberries, bananas, mango, grapes and/or melon (5a)

Meat and Fish

- 5 - 6 oz. smoked salmon (2)
- * 2 - 4 slices bacon (turkey, pork or meatless) (*optional*)(3)
- 1 cup cooked turkey breast (1)

Shelved Items

- 8 slices sourdough bread (use wheat/gluten-free bread if needed) (3)
- 1 cup wild rice blend, such as Lundberg's (1)
- 16 oz. whole wheat penne pasta (2)
- 18 oz. plain prepared polenta (sold in tubes with grains) (5)
- 14 1/2 oz. no salt added tomato sauce (4)
- 14 1/2 oz. no salt added diced tomatoes (4)
- 1/4 cup julienne-cut sundried tomatoes (5)
- 14 1/2 oz. reduced-sodium chicken or vegetable broth (4)
- * 1/4 - 1/2 cup red wine (*optional*)(4)
- 15 oz. canned great northern beans (5)
- 45 oz. reduced-sodium canned black beans (4)
- * 2 Tbsp. capers (*optional*)(2)
- 1/2 cup dried cranberries (preferably naturally sweetened) (1)
- 1/4 cup raisins (2a)
- 1/2 cup pecans (1)
- 1/4 cup unsalted cashews (2a)
- 2 Tbsp. sunflower seeds, shelled (2a)
- 15 - 20 colorful toothpicks or wooden skewers (5a)

Spices

- 1/8 tsp. salt (1a)
- 1 tsp. dried Italian seasoning (5)
- 1/8 tsp. black pepper (1a)
- 1 Tbsp. chili powder (4)

Staples

- 1 tsp. butter (4a)
- 4 Tbsp. + 4 tsp. extra virgin olive oil (1a)(3)(4)(5)
- 2 tsp. balsamic vinegar (1a)
- 2 - 4 Tbsp. vinaigrette dressing (2a)
- 1/4 cup balsamic vinaigrette dressing (1)
- * 1 dash hot pepper sauce, such as Tabasco (*optional*)(3)
- 4 eggs (3)
- 2 1/2 tsp. minced garlic (1a)(4)(5)

Refrigerated/Frozen Section

- 4 Tbsp. shredded Monterey Jack cheese (3)
- * 1/4 cup grated Parmesan cheese (*optional*)(5)
- 1 cup shredded part-skim mozzarella cheese (5)
- * 1/2 cup shredded part-skim mozzarella or Cheddar cheese (*optional*)(4)
- 3/4 cup whipped cream cheese (2)
- * 1 cup nonfat vanilla yogurt (*optional*)(5a)
- * 1 cup nonfat sour cream (*optional*)(4)
- 1 lb. frozen corn kernels (4a)
- 1 1/2 cups frozen peas (2)

The above ingredients will make

(1) = Turkey, Cranberry and Wild Rice Salad, (1a) = Caramelized Brussels Sprouts, (2) = Penne with Smoked Salmon and Peas, (2a) = Green Salad with Raisins, Cashews and Sunflower Seeds, (3) = Fried Egg and Avocado Sandwiches, (3a) = Seedless grapes, (4) = Black Bean and Tomato Soup, (4a) = Corn, Lightly Buttered, (5) = Everything Under the Tuscan Sun (Polenta with White Beans and Spinach), (5a) = Fruit Kabobs

* - Includes ingredients that are optional.