



## GROCERY LIST

### Produce

- 4 carrots (4a)(5)
- 1/4 shallot (2)
- 3 yellow onions (3)(4)(5)
- 1 red bell pepper (5)
- 1 small head iceberg or romaine lettuce (4a)
- 1 head green cabbage (1a)
- 1 cup fresh basil leaves (4)
- 1 Tbsp. fresh or dried rosemary (1)
- 1 - 2 heads broccoli (3a)
- 2 1/2 lbs. sweet potatoes (1)
- 1 - 1 1/2 cups corn kernels, fresh, frozen or canned (5)
- 1/2 lemon (2)

### Meat and Fish

- 2 lbs. boneless, skinless chicken breasts (3)
- 1 1/2 lbs. mahi mahi, flounder or other white fish fillets (2)
- 1 1/2 - 2 lbs. boneless pork loin roast or pork tenderloin, or use bone-in chicken pieces (1)

### Shelved Items

- 1 1/2 - 2 cups wild rice (2a)
- 16 oz. fettuccine (4)
- 1 pkg. cornbread or corn muffin mix (5a)
- 1/3 cup panko bread crumbs (use wheat/gluten-free if needed) (2)
- 28 oz. crushed tomatoes (5)
- 15 oz. diced tomatoes (3)
- 3 - 4 cups water, chicken or vegetable broth (2a)
- 1 cup mild salsa (5)
- 15 oz. canned red kidney beans (preferably unsweetened) (5)
- 15 oz. canned black beans, reduced-salt, if possible (5)
- 1/2 cup pitted green olives (3)
- 1 cup roasted red peppers (sold in jars) (4)
- \* 1 - 2 Tbsp. dried cranberries (preferably naturally sweetened) (optional)(2a)
- \* 1 - 2 Tbsp. pecans (optional)(2a)
- 1/4 cup pine nuts (4)

### Spices

- 1 3/8 tsp. salt (1a)(2)(2b)(4)
- 3/4 - 1 tsp. kosher salt (1)(3a)
- 1/4 - 1/2 tsp. salt-free lemon pepper seasoning (3a)
- 1 tsp. dried oregano (3)
- 1 1/2 tsp. dried basil (2)(3)
- 7/8 - 1 tsp. black pepper (1)(1a)
- 1 Tbsp. chili powder (5)

### Staples

- 1 - 2 Tbsp. + 3 tsp. butter (1)(1a)(2b)
- 6 Tbsp. + 5 tsp. extra virgin olive oil (1)(1a)(3)(3a)(4)(5)
- 2 tsp. balsamic vinegar (1a)
- 1/4 cup mayonnaise (2)
- 3 - 6 Tbsp. vinaigrette dressing (2a)(4a)
- 2 tsp. sugar (4)
- 1 - 2 Tbsp. maple syrup or brown sugar (1)
- 1/2 cup nonfat or low fat milk (1)
- 1 egg (4a)
- 5 1/2 tsp. minced garlic (1)(2)(3)(4)

### Refrigerated/Frozen Section

- \* 1 cup shredded Cheddar cheese (optional)(5)
- 1/4 cup + 2 Tbsp. grated Parmesan cheese (4)(4a)
- \* 1 cup nonfat plain sour cream or yogurt (optional)(5)
- 3 cups frozen mixed vegetables such as carrots and peas (2b)
- 12 oz. frozen quartered artichoke hearts (4)

### The above ingredients will make

(1) = Rosemary-Garlic Pork Roast with Whipped Sweet Potatoes, (1a) = Caramelized Cabbage, (2) = Baked Fish with Lemon Aioli-Panko Coating, (2a) = Wild Rice, (2b) = Simple Mixed Vegetables, (3) = Trattoria Chicken with Tomatoes and Olives, (3a) = Roasted Broccoli, (4) = Fettuccine with Artichokes, Roasted Peppers and Pine Nuts, (4a) = Green Salad with Carrots, Hard-Boiled Egg and Parmesan Cheese, (5) = North of the Border Veggie Chili, (5a) = Cornbread or Corn Muffins

\* - Includes ingredients that are optional.