



GROCERY LIST

Produce

1 lb. baby carrots or large carrots (3a)
 10 scallions (1)(5)
 1 large yellow onion (4)
 6 oz. baby spinach (5)
 1/4 cup fresh dill (5)
 1/2 cup fresh mint leaves (5)
 1/4 cup fresh herbs (2)
 1 lb. asparagus (2a)

1 lb. sliced cremini mushrooms (4)
 2 - 3 avocados (3a)
 1 - 1 1/2 lemons (2)(5)
 1/2 lime (3a)
 3 - 6 oranges (4a)
 1/2 cup blueberries, fresh or frozen (3b)
 1 banana (3b)
 2 cups mango, fresh or frozen (3b)

Meat and Fish

1 lb. boneless, skinless chicken breasts (1)

1 - 1 1/2 lbs. salmon (preferably wild Alaskan) or halibut fillet (2)

Shelved Items

1 pkg. whole wheat or white dinner rolls (5a)
 1 cup quinoa (5)
 16 oz. rigatoni noodles (4)
 1/2 cup salsa (3)
 * 2 Tbsp. Asian sweet chili sauce or teriyaki sauce (*optional*)(1)
 1/4 cup Marsala wine (4)

15 oz. canned kidney beans (3)
 8 - 10 oz. diced water chestnuts (1)
 1/2 cup dried cranberries (preferably naturally sweetened) (5)
 1 1/2 Tbsp. pine nuts (2)
 1 cup cashews (5)

Spices

1/2 tsp. salt (2)(3a)
 3/8 - 1/2 tsp. kosher salt (1a)(2a)
 1/4 tsp. salt-free lemon pepper seasoning (2a)
 1 tsp. dried thyme (4)

5/8 tsp. black pepper (1)(2)
 1/2 tsp. ground ginger (1)
 3/4 tsp. garlic powder (1)(3a)

Staples

2 Tbsp. + 1/4 cup extra virgin olive oil (2a)(4)(5)
 2 1/3 Tbsp. vegetable oil (2)
 3 Tbsp. canola or vegetable oil (1)
 1/4 cup + 2 Tbsp. reduced-sodium soy sauce (use wheat/gluten-free if needed) (1)(4)

1 tsp. honey (2)
 1 egg (1)
 1 1/2 tsp. minced garlic (2a)(4)
 1/4 cup flour (use wheat/gluten-free if needed) (1)

Refrigerated/Frozen Section

1/3 cup shredded Cheddar cheese (3)
 1/2 cup crumbled feta or goat cheese (5)
 * 1/4 cup grated Parmesan cheese (*optional*)(4)
 1/4 cup mascarpone (4)
 1 cup nonfat vanilla yogurt (3b)
 * 1/2 cup sour cream (*optional*)(3)

1 1/4 cups orange juice (3b)
 16 egg roll wrappers (sold frozen or refrigerated) (3)
 12 oz. meatless crumble (such as Boca crumbles) or 1 lb. ground turkey or beef (3)
 3/4 cup frozen corn kernels (3)
 16 oz. edamame (Japanese soy beans, sold frozen) or frozen peas (1a)

Misc

1 Tbsp. water (2)

The above ingredients will make

(1) = Asian Chicken Fritters, (1a) = Steamed Edamame (Japanese Soy Beans), (2) = Grilled Salmon with Fresh Herb Pesto, (2a) = Grilled or Broiled Asparagus, (3) = Crispy Taco Tumblers, (3a) = Guacamole with Carrots, (3b) = Fruity Swirl Smoothies, (4) = Rigatoni with Mushrooms, Marsala and Mascarpone, (4a) = Orange Slices, (5) = Spinach and Quinoa Salad with Toasted Cashews and Dried Cranberries, (5a) = Whole Wheat or White Dinner Rolls

* - Includes ingredients that are optional.