



GROCERY LIST

Produce

- 1 carrot (3)
- 1 shallot (4)
- 1/2 yellow onion (3)
- 2 small yellow onions (1)(5)
- 1 1/2 red or orange bell peppers (1)(5)
- 1 yellow bell pepper (1)
- 6 - 8 stalks celery (3)(5)
- 1 large tomato (2)
- 6 - 8 cups lettuce, any variety (5a)

Meat and Fish

- 1 1/2 - 2 lbs. boneless, skinless chicken breasts (1)
- 1 - 1 1/4 lbs. ground turkey, beef, vegetarian ground meat, or canned kidney beans (3)

Shelved Items

- 8 whole wheat buns (use wheat/gluten-free buns if needed) (3)
- 1 - 2 cups whole wheat or regular couscous (1a)
- 16 oz. farfalle noodles (use wheat/gluten-free if needed) (4)
- 15 oz. tomato sauce (3)
- 3 cups reduced-sodium chicken or vegetable broth (5)

Spices

- 1 - 1 1/4 tsp. salt (2)(4)(5)
- 1/4 tsp. kosher salt (4a)
- 1 bay leaf (5)
- 1 1/2 tsp. dried oregano (1)(4)

Staples

- 2 tsp. unsalted butter (2)
- 2 Tbsp. butter or margarine (5)
- 6 Tbsp. extra virgin olive oil (2)(2a)(4)(4a)
- 1 Tbsp. white wine vinegar (2)
- 8 oz. + 2 - 4 Tbsp. balsamic vinaigrette dressing (1)(5a)
- 2 Tbsp. ketchup (3)

Refrigerated/Frozen Section

- 3 Tbsp. crumbled blue cheese or Gorgonzola (5a)
- 1/2 cup + 1 - 2 Tbsp. grated Parmesan cheese (1)(2a)
- 1 cup nonfat ricotta cheese (4)

The above ingredients will make

(1) = Carpool Chicken, (1a) = Whole Wheat Couscous, (2) = Rockfish with Tomatoes and Herbs Baked in a Foil Packet, (2a) = Steamed Broccoli Tossed with Olive Oil and Grated Parmesan Cheese, (3) = Texas Hero (a.k.a. The Davey Crockett), (3a) = Fruit Cones, (4) = Farfalle with Artichoke Hearts, Baby Spinach and Lemon Ricotta, (4a) = Roasted Fennel Bulbs, (5) = Creamy Corn and Potato Chowder, (5a) = Green Salad with Shredded Red Cabbage, Blue Cheese and Walnuts

* - Includes ingredients that are optional.

- 6 oz. baby spinach (4)
- 1 cup red or purple cabbage (5a)
- 3 cloves garlic (2)
- 2 - 4 fennel bulbs (4a)
- 1 lb. broccoli (2a)
- 1 zucchini or yellow squash (1)
- 1 small russet potato (5)
- 1/2 lemon (4)
- 1 1/2 - 2 cups fresh seasonal fruit (3a)

- 3 - 4 rockfish fillets, or other thin white fillets (about 1 lb.) (2)

- 15 oz. canned kidney beans (3)
- 14 oz. canned artichoke hearts (4)
- 4 ice cream cones (3a)
- 3 Tbsp. walnut pieces (5a)

- 1/2 tsp. dried parsley or basil (1)
- 1 1/2 tsp. dried thyme (2)(5)
- 1/2 - 3/4 tsp. black pepper (2)(4)(5)
- 1/4 tsp. garlic powder (1)

- 2 Tbsp. Worcestershire sauce (3)
- * 8 dashes hot pepper sauce, such as Tabasco (*optional*)(3)
- 1 Tbsp. brown sugar (3)
- * 4 tsp. honey or pure maple syrup (*optional*)(3a)
- 1/2 cup milk, any variety (5)
- 3 Tbsp. flour (use wheat/gluten-free if needed) (5)

- 1 cup low fat vanilla Greek yogurt (3a)
- 2 cups corn kernels, frozen or fresh (5)