



GROCERY LIST

Produce

4 carrots (5)
1 tsp. fresh chives (1a)
2 1/2 yellow onions (3)(4)(5)
1/2 red bell pepper (5a)
1 red or yellow bell pepper (3)
4 stalks celery (5)
1 head lettuce, any variety (5a)
6 - 9 oz. baby spinach (4)

12 oz. bagged coleslaw or broccoli slaw (2)
2 tsp. fresh ginger (3)
1 tsp. fresh rosemary (1a)
1 tsp. fresh thyme (1a)
2 zucchini (1b)
1 lb. red potatoes (1a)
1 cup snow peas (3)
* 1/4 lime (*optional*)(2a)

Meat and Fish

4 boneless, skinless chicken cutlets or chicken breasts (1)

1 lb. flounder, catfish, tilapia or other thin white fish fillets (2)

Shelved Items

4 ciabatta or sourdough rolls (use wheat/gluten-free rolls if needed) (2)
1 - 2 cups quick-cooking brown rice or regular white rice (3a)
1 cup bulgur wheat (4)
2 cups fine egg noodles (5)
1/4 cup panko bread crumbs (use wheat/gluten-free if needed) (1b)
1/2 cup low fat granola or muesli (4a)
1 cup marinara or pizza sauce (1b)

14 1/2 oz. canned petite diced tomatoes with green chilies (or without green chilies if you don't like spicy food) (4)
1 1/2 cups + 64 oz. reduced-sodium chicken or vegetable broth (4)(5)
2 Tbsp. apple cider vinegar (2)
1 Tbsp. rice wine or mirin (3)
15 oz. canned chickpeas (garbanzo beans) (4)
2 cups unsweetened applesauce (4a)
2 Tbsp. pecans (5a)

Spices

1 1/4 tsp. salt (1)(1a)(1b)(2)(5)
1 tsp. dried oregano (1b)
1 tsp. dried basil (1b)
1 tsp. dried thyme (5)
1/2 tsp. black pepper (1)(2)(5)

1/4 tsp. ground cinnamon (4a)
1/4 tsp. allspice (4)
1/4 tsp. ground cumin (4)
1/2 tsp. paprika (1)
1 Tbsp. Cajun or Old Bay seasoning (2)

Staples

3 tsp. + 1 Tbsp. butter (2)(2a)(5)
1 Tbsp. butter or margarine (1)
4 Tbsp. extra virgin olive oil (1a)(2)(4)(5)
2 Tbsp. vegetable oil (3)
1/4 cup reduced-fat mayonnaise (2)
2 - 4 Tbsp. vinaigrette dressing (5a)
3 Tbsp. Dijon mustard (use wheat/gluten-free if needed) (1)
2 Tbsp. reduced-sodium soy sauce or tamari (use wheat/gluten-free if needed) (3)

1 tsp. sugar (3)
3 Tbsp. honey (1)(2)
3 eggs (1b)(2)
4 tsp. minced garlic (3)(4)(5)
1 cup flour (use wheat/gluten-free if needed) (1)(2)
1/4 cup bread crumbs (use wheat/gluten-free if needed) (1)
1/4 cup cornmeal (1b)

Refrigerated/Frozen Section

1/4 cup goat or feta cheese, crumbled (5a)
1 Tbsp. grated Parmesan cheese (1b)

1 lb. extra-firm tofu packed in water (3)
1 lb. frozen corn kernels (2a)

The above ingredients will make

(1) = Honey Dijon Chicken, (1a) = Red Potatoes Tossed with Fresh Herbs, (1b) = Zucchini Fries, (2) = Cajun Fish Sandwiches with Crunchy Slaw, (2a) = Corn, Lightly Buttered, (3) = Golden Tofu (or Chicken) with Snow Peas, (3a) = Brown or White Rice, (4) = Spicy Bulgur Pilaf with Spinach and Tomatoes, (4a) = Applesauce with Cinnamon and Granola, (5) = No-Chicken Noodle Soup, (5a) = Green Salad with Red Bell Peppers, Goat Cheese and Pecans

* - Includes ingredients that are optional.