



## GROCERY LIST

### Produce

- 3 carrots (5)
- 3 scallions (5)
- 1 large yellow onion (4)
- 1/4 yellow or red onion (3a)
- 1 - 2 red or orange bell peppers (1a)
- 2 green bell peppers (4)
- 1 cup cherry tomatoes (2)
- 1 head lettuce, any variety (3a)
- 6 oz. baby spinach (3)
- 3 Tbsp. fresh flat-leaf parsley (2)
- 1 tsp. fresh or dried rosemary (3)
- 6 medium red potatoes (3)
- 6 oz. portobello mushroom caps (4)
- 1 avocado (5)
- 1 lime (5)
- 2 mangos (4a)

### Meat and Fish

- 1 lb. large shrimp, peeled and deveined (preferably US or Canadian farmed or wild shrimp) (2)
- 1 1/2 lbs. New York strip or top loin steaks (1)
- 8 - 12 oz. pre-cooked turkey, chicken or meatless sausage, any flavor (use wheat/gluten-free if needed) (3)

### Shelved Items

- 3/4 cup brown rice (quick-cooking or traditional) (5)
- 1 - 2 cups buckwheat (kasha) (2a)
- 6 medium whole wheat or flour tortillas (soft taco size) (4)
- 64 oz. reduced-sodium chicken or vegetable broth (3)
- \* 3/4 cup chunky salsa (*optional*)(4)
- 2 tsp. sweet Asian chili sauce (5)
- 1 tsp. sriracha hot chili sauce (5)
- 1/4 cup light ranch dressing or other dip (1a)
- 1 Tbsp. rice wine vinegar (5)
- 2 tsp. toasted sesame oil (5)
- 2 Tbsp. dried cranberries or cherries (3a)
- 1/4 cup dried cranberries (preferably naturally sweetened) (5)

### Spices

- 1 1/4 tsp. salt (1)(2)(4)
- 1 tsp. dried oregano (1)
- 1/4 tsp. cayenne pepper (1)
- 7/8 tsp. black pepper (1)(2)(3)
- 1/2 tsp. ground coriander (1)
- 1 tsp. ground cumin (1)
- \* 1/2 tsp. curry powder (*optional*)(5a)
- 1 Tbsp. chili powder (4)
- \* 1/2 tsp. paprika (*optional*)(5a)

### Staples

- 1 Tbsp. butter (2)
- 2 1/2 Tbsp. + 1/4 cup extra virgin olive oil (2)(3)(4)
- 1/8 cup balsamic vinegar (4)
- 2 - 4 Tbsp. vinaigrette dressing (3a)
- 1 Tbsp. reduced-sodium soy sauce (use wheat/gluten-free if needed) (5)
- 6 eggs (5a)
- 2 Tbsp. + 1 1/2 tsp. minced garlic (2)(3)(4)
- 1/4 cup panko or traditional bread crumbs (use wheat/gluten-free if needed) (2)

### Refrigerated/Frozen Section

- 1/2 cup crumbled goat or feta cheese (4)
- 4 Tbsp. + 1/4 cup grated Parmesan cheese (2)(3)(3a)
- \* 3/4 cup sour cream (*optional*)(4)
- 12 oz. frozen shelled edamame (5)

### The above ingredients will make

(1) = Savory Spice-Rubbed Strip Steak, (1a) = Red or Orange Bell Peppers with Light Ranch Dressing, (2) = Garlic Crusted Shrimp with Cherry Tomatoes, (2a) = Buckwheat (Kasha), (3) = Potato, Spinach and Garlic Soup with Sausage, (3a) = Green Salad with Sliced Onions, Parmesan Cheese, and Dried Cranberries, (4) = Grilled Portobello Mushroom Fajitas, (4a) = Mangos, Peeled and Sliced, (5) = Asian Edamame and Brown Rice Salad with Avocado, (5a) = Hard-Boiled Eggs

\* - Includes ingredients that are optional.