



GROCERY LIST

Produce

2 carrots (1)
1 medium yellow onion (3)
1/2 yellow onion (1)
1 green bell pepper (3)
7 - 8 stalks celery (2)(3)(3a)
* 1 tomato (*optional*)(2)
4 cups grape or cherry tomatoes (5b)
1 head iceberg or romaine lettuce (3a)
6 - 9 oz. baby spinach (4)
2 cloves garlic (1)
1 tsp. fresh ginger (1)

1/2 cup fresh basil (4)
1 Tbsp. fresh dill (5)
1/2 cup fresh flat-leaf Italian parsley (2)
1/2 cup fresh flat-leaf parsley (4)
1 head broccoli (1)
1 lb. green beans (4a)
1 bunch asparagus (5)
1 1/4 lemons (2)(4a)
1 - 2 oranges (1)
1 honeydew melon or cantaloupe (2a)

Meat and Fish

1 lb. boneless, skinless chicken breasts (1)

12 oz. smoked ham, turkey kielbasa or vegetarian sausage (use wheat/gluten-free if needed) (3)

Shelved Items

1 whole grain baguette (5a)
1 - 2 cups quick-cooking brown rice or regular white rice (1a)
2 cups white rice (3)
16 oz. medium shell pasta (4)
6 spinach wraps (we like Toufayan brand) (2)
1/4 cup julienne-cut sundried tomatoes (4)
32 oz. reduced-sodium chicken or vegetable broth (3)

2 Tbsp. rice vinegar (1)
1 Tbsp. oyster or hoisin sauce (1)
15 oz. canned white beans (2)
10 oz. chunk light tuna (we love Wild Planet brand) (2)
1/2 cup nonfat evaporated milk (5)
2 Tbsp. walnuts (3a)

Spices

1/2 tsp. salt (2)(5)
3 - 4 bay leaves (3)
1/2 tsp. dried thyme (3)
1/2 tsp. dried thyme or herbes de Provence (3a)

1/4 tsp. crushed red pepper flakes (4)
5/8 - 1 1/8 tsp. black pepper (2)(3)
1/2 tsp. ground cumin (3)
1 tsp. dry mustard (3)

Staples

4 tsp. butter (4a)(5)
2 Tbsp. + 1/4 cup extra virgin olive oil (3)(3a)
1 Tbsp. vegetable or canola oil (1)
1/8 cup red wine vinegar (3a)
2 Tbsp. mayonnaise (2)
* 1/2 cup ranch dressing or other dressing or dip (*optional*)(5b)

5 tsp. Dijon mustard (use wheat/gluten-free if needed) (3a)(4a)(5)
2 Tbsp. reduced-sodium soy sauce (use wheat/gluten-free if needed) (1)
1 Tbsp. pure maple syrup (3a)
1 Tbsp. honey (1)
6 eggs (5)
2 Tbsp. cornstarch (1)

Refrigerated/Frozen Section

2 Tbsp. crumbled feta cheese (3a)
1 cup shredded Gruyere or sharp Cheddar cheese (5)

1 cup marinated mozzarella balls (4)

The above ingredients will make

(1) = Orange Chicken and Vegetable Stir-Fry, (1a) = Brown or White Rice, (2) = Tangy Tuna and White Bean Salad Wraps, (2a) = Honeydew Melon or Cantaloupe, (3) = Scrambalaya (Cajun Jambalaya with Smoked Ham), (3a) = Green Salad with Celery, Walnuts and Feta Cheese, (4) = Italian Shells with Fresh Mozzarella, Sundried Tomatoes and Spinach, (4a) = Green Beans with Mustard Lemon Sauce, (5) = Crustless Asparagus Quiche, (5a) = Whole Grain Baguette, (5b) = Grape or Cherry Tomatoes

* - Includes ingredients that are optional.