



GROCERY LIST

Produce

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| 1 carrot (3) | 6 - 12 oz. baby spinach (4a) |
| 10 - 12 scallions (3) | 3 cloves garlic (5) |
| 3 yellow onions (2)(4)(5) | 1 Tbsp. fresh ginger (2a) |
| 1 small yellow onion (2a) | 10 fresh sage leaves (4) |
| 1/4 red onion (4a) | 4 zucchini (3)(5) |
| 1 jalapeno pepper (2a) | 2 cucumbers (3a) |
| 2 stalks celery (2) | 1 1/2 lbs. red potatoes (2a) |
| 1 1/2 tomatoes (2)(2a) | 1/2 lemon (1) |
| 1 head romaine lettuce (1) | 1 orange (4a) |

Meat and Fish

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| 1 - 1 1/2 lbs. boneless, skinless chicken breasts or meatless chicken strips or patties (1) | 12 oz. sweet Italian chicken sausage (use wheat/gluten-free if needed) (4) |
| 1 lb. catfish or other thick white fish fillet (2) | |

Shelved Items

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| 1 loaf + 4 slices sourdough bread (use wheat/gluten-free bread if needed) (1)(1a) | 3 cups reduced-sodium chicken or vegetable broth (5a) |
| 1 1/2 cups bulgur wheat or use quick-cooking brown rice (5a) | 1 Tbsp. + 2 tsp. rice vinegar (3)(3a) |
| 16 oz. bowtie pasta (farfalle) (use wheat/gluten-free if needed) (4) | 1/2 cup red wine (4) |
| 43 oz. diced tomatoes (4)(5) | 15 oz. canned cannellini beans (also called white kidney beans) (5) |
| 2 cups vegetable juice such as V8 (2) | 1/2 tsp. anchovy paste (1) |

Spices

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| 1 3/4 tsp. salt (1)(2)(2a)(3)(4)(5) | 1 tsp. garam masala (an Indian spice blend) (2a) |
| 1/4 tsp. kosher salt (1) | 2 tsp. curry powder (2)(2a) |
| 1/2 tsp. dried basil (5) | 1/8 tsp. garlic powder (1) |
| 1/2 tsp. dried thyme (5) | 1 Tbsp. toasted sesame seeds (3a) |
| 3/8 tsp. black pepper (2)(4) | |

Staples

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| 6 - 7 Tbsp. + 8 tsp. extra virgin olive oil (1)(2)(4)(5) | 2 tsp. sugar (3)(3a) |
| 2 Tbsp. + 1/4 cup canola or vegetable oil (2a)(3) | 2 eggs (3) |
| 2 Tbsp. reduced-fat mayonnaise (1) | 2 tsp. minced garlic (1)(2a) |
| 2 - 4 Tbsp. vinaigrette dressing (4a) | 2 cups all-purpose flour (use wheat/gluten-free if needed) (3) |
| 5 Tbsp. reduced-sodium soy sauce (use wheat/gluten-free if needed) (3)(3a) | 1/4 cup seasoned panko or bread crumbs (5) |
| 1 tsp. Worcestershire sauce (1) | |

Refrigerated/Frozen Section

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| 1/2 cup shredded Parmesan cheese (1) | 1 cup grated Parmesan cheese (4)(5) |
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Misc

2 cups water (3)

The above ingredients will make

(1) = Caesar Salad with Chicken, (1a) = Sourdough Bread, (2) = Tender Fish and Tomato Curry, (2a) = Punjabi-Style Potatoes, (3) = Savory Korean Vegetable Pancakes, (3a) = Asian Cucumber Salad, (4) = Bowties with Sage and Sausage, (4a) = Spinach Salad with Diced Oranges and Sliced Red Onion, (5) = Zucchini, White Bean and Tomato Gratin, (5a) = Bulgur Wheat

* - Includes ingredients that are optional.