



GROCERY LIST

Produce

1/4 white onion (1a)
 1/4 red onion (2)
 1 small head iceberg or romaine lettuce (3)
 1 head lettuce, any variety (4a)
 3 cups baby spinach (4)
 2 Tbsp. fresh dill (2)
 1/2 - 1 cup fresh flat-leaf parsley or cilantro (1a)
 1 zucchini (2)

1 lb. asparagus (2a)
 1 1/2 - 2 lbs. Yukon Gold or white potatoes (1a)
 1 avocado (3)
 1 1/4 lemons (2)(2a)
 1 1/2 limes (1a)(3)
 1 lb. strawberries (1b)
 1 red apple, such as Gala or Fuji (4a)
 1 mango (3)

Meat and Fish

2 lbs. boneless, skinless chicken breasts (1)
 * 1/2 lb. cooked and shredded chicken breast (*optional*)(3)

1 lb. salmon fillet (2)

Shelved Items

1 1/2 cups quick-cooking brown rice or regular white rice (5a)
 1 cup tortilla chips or corn kernels (3)
 6 corn or wheat tortillas (3a)
 15 oz. no salt added diced tomatoes (4)
 32 oz. reduced-sodium chicken or vegetable broth (4)
 * 1 cup salsa (*optional*)(3)

* 1 tsp. chili-garlic sauce or sriracha (*optional*)(5)
 1 Tbsp. rice vinegar (5)
 * 1/2 cup barbecue sauce (*optional*)(1)
 15 oz. canned black or red beans (3)
 1/2 cup sliced black olives (3)
 2 Tbsp. pecans (4a)

Spices

3/4 tsp. salt (1a)(2)(5a)
 1/4 tsp. kosher salt (2a)
 3/4 tsp. garlic salt (1)
 * 1/4 - 1/2 tsp. salt-free lemon pepper seasoning (*optional*)(2a)
 1 1/2 tsp. dried oregano (1)(4)
 1/2 tsp. dried basil (4)
 1 tsp. dried thyme (1)

1/4 - 1/2 tsp. cayenne pepper (1)
 1/2 tsp. black pepper (2)(2a)(4)
 1/4 tsp. ground ginger (5)
 1 tsp. garlic powder (1)
 2 Tbsp. paprika (1)
 1 - 2 tsp. toasted sesame seeds (5)

Staples

5 Tbsp. extra virgin olive oil (1a)(2)(2a)(4)
 1 Tbsp. sesame oil (5)
 2 Tbsp. reduced-fat mayonnaise (1a)
 1/4 - 1/2 cup + 2 - 4 Tbsp. vinaigrette dressing (3)(4a)

3 Tbsp. reduced-sodium soy sauce (use wheat/gluten-free if needed) (5)(5a)
 1 Tbsp. pure maple syrup (5)
 2 1/2 tsp. minced garlic (1a)(4)(5)

Refrigerated/Frozen Section

2 Tbsp. crumbled Gorgonzola or blue cheese (4a)
 1/2 cup shredded Monterey Jack cheese (3)
 1/4 cup grated Parmesan cheese (4)
 * 1 cup nonfat sour cream (*optional*)(3)

16 oz. extra-firm tofu packed in water (5)
 9 oz. whole wheat or regular cheese tortellini (4)
 1 cup frozen peas (5a)

The above ingredients will make

(1) = Grilled Chicken Breasts with Cajun Rub, (1a) = Light Potato Salad, (1b) = Strawberries, (2) = Baked Salmon with Zucchini, Red Onions and Dill, (2a) = Baked Asparagus, (3) = California Taco Salad, (3a) = Corn or Wheat Tortillas, (4) = Tortellini Soup with Spinach and Tomatoes, (4a) = Green Salad with Apples, Gorgonzola and Pecans, (5) = Savory Sesame Tofu, (5a) = Steamed Rice and Peas

* - Includes ingredients that are optional.