



GROCERY LIST

Produce

- 1 lb. crinkle-cut or baby carrots (3a)
- 2 cups shredded (matchstick cut) carrots (you can buy them pre-cut in bags) (1)
- 2 scallions (1)
- 2 yellow onions (3)(5)
- 1 yellow bell pepper (5)
- 1 pint cherry or grape tomatoes (2a)
- 1 small head Boston lettuce (1)
- 6 oz. fresh spinach (5)
- 6 - 8 cups baby salad greens (4a)
- 1 Tbsp. fresh basil or mint (2a)
- 2 Tbsp. fresh basil and sage leaves (4)
- * 1/2 cup fresh cilantro or basil (*optional*)(1)
- 4 ears fresh corn (2a)
- 8 oz. sliced mushrooms (3)
- 1 lemon (2)
- 2 1/4 - 2 1/2 limes (1)(2a)
- 1/2 cup blueberries (4a)
- 1 mango (1)
- 1 watermelon (5a)

Meat and Fish

- 1 1/2 lbs. chicken cutlets (4)
- 1 lb. shrimp, peeled and deveined (2)
- 1 lb. top sirloin steak, or use boneless, skinless chicken breasts or meatless chicken or steak strips (1)
- 1 lb. Italian sausage or meatless sausage (use wheat/gluten-free if needed) (3)

Shelved Items

- 1 pkg. whole wheat or white dinner rolls (1a)
- 2 cups Arborio rice (3)
- 1/2 cup panko bread crumbs (use wheat/gluten-free if needed) (2)
- 1/2 - 3/4 cup red pasta sauce (4)
- 28 - 30 oz. reduced-sodium chicken or vegetable broth (3)
- 2 cups fire-roasted salsa (5)
- 1 cup white wine (3)

Spices

- 1/4 tsp. salt (4)
- 1 Tbsp. salt-free Italian seasoning (2)
- 1 tsp. dried oregano (2)
- 1/2 tsp. black pepper (3)

Staples

- 2 Tbsp. butter (2)
- 7 Tbsp. extra virgin olive oil (2)(3)(5)
- 2 Tbsp. peanut or vegetable oil (1)
- 2 - 4 Tbsp. light vinaigrette dressing (4a)
- 4 Tbsp. reduced-sodium soy sauce (use wheat/gluten-free if needed) (1)
- * 1 tsp. sugar (*optional*)(2a)
- 2 Tbsp. brown sugar (1)
- 1 - 2 eggs (4)
- 1 Tbsp. + 2 tsp. minced garlic (2)(3)
- 3/4 cup flour (use wheat/gluten-free if needed) (4)
- 3/4 cup bread crumbs or panko (use wheat/gluten-free if needed) (4)

Refrigerated/Frozen Section

- 1/4 cup crumbled feta cheese (4a)
- 1 1/2 cups shredded Cheddar or Monterey Jack cheese (5)
- 3 Tbsp. + 3/4 cup grated Parmesan cheese (2)(3)(4)
- 1/3 cup shredded part-skim mozzarella cheese (4)
- * 1 cup reduced-fat sour cream (*optional*)(5)
- * 2 Tbsp. refrigerated pesto sauce (*optional*)(4)
- 4 cups cooked brown rice (5)
- 4 veggie burgers, such as Amy's Texas Veggie Burger or Morningstar Farms Spicy Black Bean Veggie Burgers (5)
- 1 cup frozen peas (3)

The above ingredients will make

(1) = Thai Beef and Mango Salad, (1a) = Whole Wheat or White Dinner Rolls, (2) = Baked Panko Shrimp with Oregano and Garlic, (2a) = Corn and Tomato Salad, (3) = Risotto with Sausage, Mushrooms and Peas, (3a) = Crinkle-Cut or Baby Carrots, (4) = Chicken Parmesan with Garden Herbs, (4a) = Baby Greens with Blueberries and Feta Cheese, (5) = Texas Tornado Bake, (5a) = Watermelon

* - Includes ingredients that are optional.