



GROCERY LIST

Produce

- 2 cups shredded (matchstick cut) carrots (you can buy them pre-cut in bags) (3)
- 1 small shallot (2b)
- * 2 scallions (*optional*)(1)
- 1 yellow onion (5)
- 1 sweet yellow onion such as Vidalia or Walla Walla (2)
- 3 tomatoes (4)(5)
- 1 head lettuce, any variety (4a)
- 12 oz. baby spinach (4)
- 8 oz. kale (5)
- 1 Tbsp. fresh ginger (1)
- 1/4 cup fresh flat-leaf parsley (4)
- 2 tsp. fresh oregano (4)
- 1 lb. broccoli (1a)
- 1 - 2 cucumbers (3)
- 8 - 12 oz. snow or sugar snap peas (2b)
- 1 avocado (3)
- 1 1/2 lemons (2)(4)
- 1 - 2 pints fresh blackberries or blueberries (5a)
- 1/2 cup seedless grapes (4a)

Meat and Fish

- 3 lbs. skinless bone-in dark meat chicken, such as drumsticks, thighs and/or wings (1)
- 1 - 1 1/2 lbs. red snapper fillets (or use salmon, catfish, or other fillets) (2)
- * 1/2 cup smoked ham or cooked sausage (*optional*)(5)

Shelved Items

- 1 1/2 - 2 cups quick-cooking or regular wild rice or wild rice pilaf (2a)
- 16 oz. ruffles or radiatori or cavatelli shaped pasta (4)
- 8 whole wheat tortillas (use wheat/gluten-free if needed) (3)
- 1 cup quick-cooking (not instant) grits (5)
- 1/2 cup reduced-sodium chicken or vegetable broth (5)
- 1/3 cup hoisin sauce (sold with Asian foods) (1)
- 3 Tbsp. rice vinegar (1)
- 1/4 cup Caesar salad dressing (3)
- 15 oz. canned black eyed peas or great Northern beans (5)
- * 1 Tbsp. capers (*optional*)(4)
- 1/4 cup dried cranberries or cherries (2a)
- 3 tsp. instant coffee (3b)
- 2 Tbsp. chocolate syrup (3b)
- 1 packet Splenda (3b)
- 1 tsp. unsweetened cocoa powder (3b)
- 1/4 cup shelled pistachio nuts (4a)
- 1/4 cup pecans (2a)

Spices

- 5/8 tsp. salt (2b)(5)
- 1/4 tsp. herbes de Provence or thyme (4a)
- 1/2 tsp. Chinese Five Spice powder or ground cloves (1)
- * 1/2 tsp. curry powder (*optional*)(3a)
- * 1/2 tsp. paprika (*optional*)(3a)
- 1 1/2 tsp. smoked paprika (5)
- 1 Tbsp. toasted sesame seeds (1)

Staples

- * 1 Tbsp. butter (*optional*)(5)
- 5 Tbsp. + 1 - 2 tsp. + 1/4 cup extra virgin olive oil (2)(2b)(4)(4a)(5)
- 3 Tbsp. sesame oil (1)(1a)
- 2 tsp. + 1/8 cup balsamic vinegar (2)(4a)
- 1/8 - 1/4 cup vinaigrette dressing (2a)
- 1 tsp. Dijon mustard (use wheat/gluten-free if needed) (4a)
- 3 Tbsp. reduced-sodium soy sauce (use wheat/gluten-free if needed) (1)(1a)
- 1 1/2 tsp. hot pepper sauce, such as Tabasco (1)
- 1 Tbsp. pure maple syrup (4a)
- 1 cup nonfat or low fat milk (3b)
- 6 eggs (3a)
- 2 - 3 tsp. minced garlic (1)(1a)

Refrigerated/Frozen Section

- 4 oz. crumbled feta cheese (4)
- 4 oz. chive or vegetable cream cheese or light Laughing Cow garlic and herb spreadable cheese (3)

Misc

- 4 cups water (5)

The above ingredients will make

(1) = Grilled Sesame Chicken, (1a) = Sesame Stir-Fried Broccoli, (2) = Baked Red Snapper with Golden Onions, (2a) = Festive Wild Rice, (2b) = Snow or Sugar Snap Peas with Shallots, (3) = Crunchy Veggie Wraps, (3a) = Hard-Boiled Eggs, (3b) = Blended Iced Mocha, (4) = Ruffled Noodles with Spinach, Feta and Tomatoes, (4a) = Green Salad with Grapes, Pistachio Nuts, and Maple-Dijon Dressing, (5) = Smoky Beans and Greens over Quick Grits, (5a) = Fresh Blackberries or Blueberries

* - Includes ingredients that are optional.