



GROCERY LIST

Produce

- 1 carrot (4b)
- 7 - 8 scallions (1)(3)
- 1 yellow onion (4)
- 1 parsnip (4)
- 1/2 red bell pepper (3)
- 1 medium tomato (3)
- 16 oz. cherry or grape tomatoes (5)
- 1 small head lettuce (4b)
- 1 head Swiss chard (5a)
- 1/2 cup fresh basil (5)
- 2 Tbsp. fresh rosemary (2)
- 3 - 4 Tbsp. fresh mint leaves (1)(2)
- 1 lb. beets (4)
- 1 - 2 heads broccoli (2b)
- 1/2 cucumber (1)
- 1 lb. white potato (4)
- 2 1/2 - 3 lemons (2)(4)
- 1/2 lime (1)
- 2 cups strawberries, fresh or frozen (3a)
- 2 bananas (3a)
- 3 nectarines (1)

Meat and Fish

- 1 - 1 1/2 lbs. boneless, skinless chicken breasts (1)
- * 1/2 lb. cooked and diced chicken, sausage, or cooked shrimp (optional)(3)
- 4 whole trout, cleaned, gutted, heads removed (the fishmonger can do this for you) (2)

Shelved Items

- 1 loaf French bread (4a)
- 1 - 2 cups quick-cooking brown rice or regular white rice (2a)
- 1 - 1 1/4 cups quick-cooking brown or wild rice or regular white rice (3)
- 16 oz. spaghetti (5)
- 1 pkg. whole wheat crackers, such as Ak-Mak (1a)
- 4 cups reduced-sodium chicken or vegetable broth (4)
- 3 Tbsp. salsa (3)
- 15 oz. reduced-sodium canned black beans (3)
- 15 oz. corn kernels, naturally sweetened (3)
- 3/4 cup sliced almonds (1)
- 1 Tbsp. pine nuts (4b)

Spices

- 1/2 - 3/4 tsp. salt (1)(5a)
- 1 - 1 1/4 tsp. kosher salt (2)(5)
- 5/8 tsp. black pepper (2)(4)(5)
- 1/2 tsp. ground ginger (1)
- 1/2 tsp. ground cumin (3)
- 1/2 tsp. curry powder (1)
- 1 tsp. dried dill (4)

Staples

- 11 - 12 Tbsp. extra virgin olive oil (1)(2)(2b)(4)(5)(5a)
- 2 Tbsp. white wine vinegar (1)
- 2 - 4 Tbsp. vinaigrette dressing (4b)
- 2 Tbsp. Italian salad dressing (3)
- 1 Tbsp. honey (1)
- 2 1/2 tsp. minced garlic (5)(5a)

Refrigerated/Frozen Section

- 2 Tbsp. crumbled feta cheese (4b)
- 1/2 cup crumbled goat cheese (4)
- 2 Tbsp. shredded Parmesan cheese (5a)
- * 1 Tbsp. grated Parmesan cheese (optional)(2b)
- 1/4 - 1/2 cup grated Asiago or Parmesan cheese (5)
- 1 cup ricotta cheese (5)
- 1 cup nonfat or low fat plain or vanilla yogurt (3a)
- 1 cup orange juice (3a)

The above ingredients will make

(1) = Chicken and Nectarine Salad with Honey-Lime Dressing, (1a) = Whole Wheat Crackers, (2) = Grilled Trout Stuffed with Fresh Herbs and Lemon Slices, (2a) = Brown or White Rice, (2b) = Grilled Broccoli, (3) = New Mexican Rice Salad, (3a) = Strawberry Banana Smoothies, (4) = We Got the Beet Soup, (4a) = French Bread, (4b) = Green Salad with Shredded Carrots, Feta Cheese and Pine Nuts, (5) = Creamy Ricotta Pasta with Cherry Tomatoes, (5a) = Swiss Chard with Garlic

* - Includes ingredients that are optional.