



GROCERY LIST

Produce

- 7 - 9 carrots (1)(3a)
- 1 shallot (2)
- 1 1/2 yellow onions (1)(3)
- 1 red bell pepper (3)
- 2 stalks celery (2)
- 2 tomatoes (4)
- 1 cup cherry tomatoes (5)
- 1 small head romaine lettuce (4)
- 5 cloves garlic (1)
- 1 Tbsp. fresh dill (2)
- 2 - 3 zucchini (5)
- 1 Yukon Gold or white potato (3)
- 4 - 6 ears fresh corn (5a)
- 8 oz. sugar snap peas (1)
- 1 avocado (4)
- 1 1/2 lemons (2)(3)
- * 1/2 lime (*optional*)(5a)
- 1 cantaloupe (2a)

Meat and Fish

- 1 lb. boneless, skinless chicken breast or extra-firm tofu (1)
- 8 - 10 slices turkey bacon, or use pork or vegetarian bacon (4)

Shelved Items

- 6 slices whole wheat bread (2)
- 1 loaf whole grain bread (4a)
- 1 - 2 cups quick-cooking brown rice or regular white rice (1a)
- 2 Tbsp. hoisin sauce (sold with Asian foods) (1)
- 1 Tbsp. rice vinegar (1)
- 1 Tbsp. mango chutney (1)
- 15 oz. canned white beans (5)
- 15 oz. canned chickpeas (garbanzo beans) (3)
- 15 oz. canned wild salmon (2)
- 1/2 cup pitted kalamata olives (5)
- 1 - 3 tsp. capers (2)
- 1/4 cup raisins (3)
- 2 Tbsp. pine nuts (5)
- 1/2 cup cashews (1)

Spices

- 5/8 tsp. salt (3)(3a)(5a)
- 1/8 tsp. black pepper (3)
- 1 tsp. ground cumin (3)
- 1 Tbsp. + 1/2 tsp. curry powder (3)(3a)
- * 1/2 tsp. chili powder (*optional*)(5a)
- 1/2 tsp. dried or fresh dill (3a)

Staples

- 1 - 2 tsp. butter or margarine (5a)
- 2 tsp. extra virgin olive oil (3a)
- 1 Tbsp. vegetable oil (3)
- 1 Tbsp. canola or vegetable oil (1)
- 1/4 cup reduced-fat mayonnaise (2)
- 1/4 - 1/3 cup balsamic vinaigrette dressing (4)
- 2 Tbsp. reduced-sodium soy sauce (use wheat/gluten-free if needed) (1)
- 2 hard-boiled eggs (4)
- 1 Tbsp. cornstarch (1)

Refrigerated/Frozen Section

- 1/2 cup crumbled blue cheese (4)
- 6 slices Havarti cheese (2)
- * 1 cup plain nonfat yogurt (*optional*)(3)
- 1/2 cup pesto sauce (5)
- 10 oz. frozen chopped spinach (3)

The above ingredients will make

(1) = Cashew Garlic Chicken or Tofu with Sugar Snap Peas, (1a) = Brown or White Rice, (2) = Salmon Salad Melts with Havarti, (2a) = Cantaloupe, (3) = Indian Chickpeas with Spinach and Potatoes, (3a) = Curried Carrots with Dill, (4) = Cobb Salad with Bacon, Avocado and Blue Cheese, (4a) = Whole Grain Bread, (5) = Zucchini Noodles (Zoodles) with White Beans, Pesto and Olives, (5a) = Corn on the Cob

* - Includes ingredients that are optional.