



## GROCERY LIST

### Produce

- 1 lb. carrots (3a)
- 1 shallot (4)
- 1 Tbsp. fresh chives (3a)
- 1/4 - 1/2 yellow or red onion (5a)
- 1 red bell pepper (1)
- 1 green bell pepper (4)
- 2 tomatoes (4)
- 2 cups cherry tomatoes (2)
- 1/2 head iceberg lettuce (3)
- 6 - 9 oz. baby spinach (5a)
- 1 Tbsp. fresh ginger (1)
- 3/4 cup fresh basil (2)(4)
- 10 fresh basil leaves (5)
- \* 1 Tbsp. fresh flat-leaf parsley (*optional*)(4a)
- 1 lb. Japanese eggplants or regular eggplant (4)
- 1 zucchini or yellow squash (4)
- 2 ears fresh corn (2)
- 1 cup sliced mushrooms (5a)
- 2 avocados (2)

### Meat and Fish

- 1 lb. ground turkey or vegetarian ground meat (3)
- 1 lb. medium or large shrimp, peeled and deveined (2)
- 1 lb. boneless pork center cut loin or tenderloin (1)

### Shelved Items

- 1 pkg. whole wheat or white dinner rolls (2a)
- 1 - 2 cups whole wheat or regular couscous (1a)
- 1 1/2 cups farro perlato (or use pearly barley) (4a)
- 16 oz. large pasta shells (5)
- 12 taco shells (3)
- 28 oz. no salt added whole peeled tomatoes with basil (5)
- 3 cups reduced-sodium chicken or vegetable broth (4a)
- 1 cup salsa (3)
- 2 Tbsp. rice vinegar (1)
- 15 oz. cannellini beans (5)
- 1 Tbsp. capers (4)
- 20 oz. pineapple chunks in 100% juice (1)

### Spices

- 1 3/8 tsp. salt (2)(3)(3a)(4)(4a)
- 1/4 tsp. crushed red pepper flakes (5)
- 3/8 tsp. black pepper (2)(3a)
- 1/4 tsp. garlic powder (3a)
- 1 Tbsp. chili powder (3)
- 1/4 tsp. dried dill (3a)

### Staples

- 6 Tbsp. + 1 tsp. extra virgin olive oil (1)(2)(4)(4a)(5)
- 1 tsp. white wine vinegar (3a)
- 2 - 3 Tbsp. balsamic vinegar (2)(4)
- 2 Tbsp. mayonnaise (3a)
- 2 - 4 Tbsp. vinaigrette dressing (5a)
- 1/4 cup reduced-sodium soy sauce (use wheat/gluten-free if needed) (1)
- 2 Tbsp. pure maple syrup (1)
- 3 tsp. minced garlic (1)(5)

### Refrigerated/Frozen Section

- 1/4 cup crumbled feta cheese (4)
- 1 1/2 cups shredded Cheddar cheese (3)
- 6 - 8 oz. feta cheese (2)
- 3 Tbsp. grated Parmesan cheese (5)
- 1/4 cup grated or shredded Parmesan cheese (5a)
- 2 Tbsp. nonfat or low fat sour cream or Greek yogurt (3a)
- 2 Tbsp. reduced-fat buttermilk (3a)

### The above ingredients will make

(1) = Grilled Pork and Pineapple Kabobs, (1a) = Whole Wheat Couscous, (2) = Fresh Corn, Tomato and Avocado Salad with Shrimp, (2a) = Whole Wheat or White Dinner Rolls, (3) = Classic Crunchy Tacos, (3a) = Homemade Ranch Dressing with Carrots and Broccoli, (4) = Eggplant Caponata Stew, (4a) = Farro, (5) = Pasta with White Beans, Tomatoes and Basil, (5a) = Spinach Salad with Mushrooms, Onions and Parmesan Cheese

\* - Includes ingredients that are optional.