



GROCERY LIST

Produce

1/4 cup scallions or chives (3)	2 Tbsp. fresh dill (4a)
1/4 red or yellow onion (5)	1/4 - 1/2 cup fresh flat-leaf parsley (5)
1 green bell pepper (5)	1/4 cup fresh mint (4)
1/2 - 1 jalapeno pepper (5)	1 lb. beets (1a)
2 cups radishes (4a)	1 lb. green beans (3)
2 1/2 lbs. tomatoes (5)	2 cucumbers (4a)(5)
1 1/2 cups cherry tomatoes (2)	1 - 2 lbs. new or red potatoes (2a)
16 - 18 oz. baby spinach (4)	1 avocado (5)
1 clove garlic (5)	1/2 lemon (4)
1 Tbsp. fresh ginger (3)	1/2 lime (1)
2 Tbsp. fresh basil (2)	1 watermelon (5b)

Meat and Fish

2 lbs. boneless, skinless chicken thighs (1)	1 1/2 lbs. salmon fillet (use wild Alaskan salmon if possible) (2)
1 lb. ground turkey, pork or meatless crumble (3)	

Shelved Items

1 - 2 cups quick-cooking brown rice or regular white rice (3a)	2 Tbsp. cider or sherry vinegar (5)
16 oz. orecchiette noodles (4)	1 Tbsp. rice wine, mirin or dry sherry (3)
2 - 4 cups tortilla chips (5a)	1 1/2 Tbsp. capers (2)

Spices

3 3/8 tsp. salt (1)(1a)(2)(2a)(4)(4a)(5)	7/8 tsp. black pepper (1)(1a)(2)(4)
* 1/4 tsp. salt-free lemon pepper seasoning (<i>optional</i>)(2a)	1/4 tsp. ground ginger (1a)
1/2 tsp. dried oregano (1)	1 tsp. ground cumin (1)
1/2 tsp. dried thyme (1)	5/8 tsp. garlic powder (1)(2a)
* 1/4 - 1/2 tsp. crushed red pepper flakes (<i>optional</i>)(3)	2 tsp. paprika (1)

Staples

1 Tbsp. butter (1a)	3 Tbsp. reduced-sodium soy sauce or tamari (use wheat/gluten-free if needed) (3)
1 Tbsp. butter or extra virgin olive oil (2a)	1 tsp. brown sugar (3)
4 Tbsp. + 1/4 cup extra virgin olive oil (1)(2)(4)(5)	2 Tbsp. pure maple syrup (1a)
1 Tbsp. vegetable or coconut oil (3)	2 1/2 tsp. minced garlic (3)(4)
2 tsp. white wine vinegar (4a)	1 tsp. cornstarch (3)

Refrigerated/Frozen Section

3/4 cup crumbled feta cheese (4)	1/4 cup orange juice (1a)
1 cup nonfat sour cream (4a)	

The above ingredients will make

(1) = Cuban-Spiced Chicken, (1a) = Roasted Beets with Maple Syrup, (2) = Foil Packet Salmon with Cherry Tomatoes, Basil and Capers, (2a) = Boiled New or Red Potatoes, (3) = Spicy Szechuan Green Beans and Ground Turkey or Pork, (3a) = Brown or White Rice, (4) = Orecchiette with Baby Spinach, Mint and Feta, (4a) = Russian Radish and Cucumber Salad, (5) = Classic Gazpacho with Diced Avocado (Cold Vegetable Soup), (5a) = Tortilla Chips, (5b) = Watermelon

* - Includes ingredients that are optional.