



GROCERY LIST

Produce

16 oz. baby carrots (5a)
 1 large yellow onion (4)
 1/2 sweet yellow onion such as Vidalia or Walla Walla (2)
 1/2 red onion (5)
 * 1 jalapeno or other hot chili pepper (*optional*)(1)
 2 lbs. cherry tomatoes (3)(5)
 6 - 9 oz. baby spinach (3a)
 4 cloves garlic (1)
 1/3 cup fresh basil (1)
 10 fresh basil leaves (3)
 1/3 cup fresh cilantro (1)
 1/2 cup fresh parsley (5)

1 Tbsp. fresh mint leaves (2)
 1/3 cup fresh mint (1)
 1 lb. green or wax beans (2a)
 2 - 3 zucchini or yellow squash (1a)
 2 cucumbers (5)
 4 ears fresh corn (3)
 1 lemon (5)
 1 lime (2)
 1 - 2 limes (1)
 1 cup strawberries (3a)
 1 mango (2)
 1 lb. cherries (4a)

Meat and Fish

3 lbs. boneless chicken thighs (1)
 1 1/4 - 1 1/2 lbs. tilapia fillets or other thin white fish (2)

* 1/4 - 1/2 lb. spicy sausage such as chorizo (use wheat/gluten-free if needed) (*optional*)(4)
 * 4 oz. prosciutto or pre-cooked sausage (*optional*)(3)

Shelved Items

1 cup conventional brown rice (not quick-cooking) (4)
 16 oz. conchiglie (medium pasta shells) (3)
 1 cup pita chips (5)
 1 pkg. pita chips or pita bread (5a)

2 Tbsp. tahini (sesame paste), or use hummus if you can't find tahini (5)
 1 cup dried green/brown lentils (4)
 1/2 cup raisins (4)
 1/4 cup slivered almonds (3a)

Spices

2 tsp. salt (1a)(3)(4)(5)
 1/4 tsp. kosher salt (2a)
 2 bay leaves (4)

1/4 tsp. black pepper (1a)(2a)
 2 tsp. curry powder (4)

Staples

3 Tbsp. + 1/2 cup extra virgin olive oil (1a)(2)(2a)(3)(4)
 2 Tbsp. vegetable or canola oil (1)
 2 - 4 Tbsp. vinaigrette dressing (3a)
 2 tsp. Dijon mustard (use wheat/gluten-free if needed) (5)

1/4 cup reduced-sodium soy sauce (use wheat/gluten-free if needed) (1)
 2 tsp. honey (5)
 4 hard-boiled eggs (5)
 1 tsp. minced garlic (5)

Refrigerated/Frozen Section

1/4 cup grated Parmesan cheese (3)
 1 cup low fat plain yogurt (4)

6 - 8 oz. hummus or baba gannoush (5a)
 2 Tbsp. basil pesto (3)

Misc

4 1/2 cups + 2 Tbsp. water (4)(5)

The above ingredients will make

(1) = Thai Herb Grilled Chicken, (1a) = Grilled Zucchini or Yellow Squash, (2) = Pan-Fried Tilapia with Mango Lime Salsa, (2a) = Roasted Green or Wax Beans, (3) = Farmer's Market Pasta with Sweet Corn and Tomatoes, (3a) = Spinach Salad with Strawberries and Slivered Almonds, (4) = Indian Spiced Lentils with Rice, (4a) = Fresh Cherries, (5) = Israeli Chopped Salad with Tahini Lemon Dressing, (5a) = Hummus or Baba Ghanoush with Pita Chips and Baby Carrots

* - Includes ingredients that are optional.