



## GROCERY LIST

### Produce

- 1/2 lb. baby carrots (5a)
- \* 1/2 shallot (*optional*)(2)
- \* 1/4 yellow onion (*optional*)(1a)
- 1/2 white onion (5)
- 1 red onion (4)
- 3 red bell peppers (1)(1a)(5a)
- 5 tomatoes (4)(5)
- 1/4 cup + 1 - 2 Tbsp. fresh basil (2)(5)
- \* 2 Tbsp. fresh cilantro (*optional*)(1a)
- 1/4 cup fresh flat-leaf parsley (4)
- 1 Tbsp. fresh oregano (5)
- 1 Tbsp. fresh mint (4a)
- 1 - 2 heads broccoli (2a)
- 1 medium eggplant (5)
- 1 zucchini (4)
- 1/2 lb. snow peas (5a)
- 8 oz. portobello mushroom caps (4)
- \* 1 ripe avocado (*optional*)(1)
- 1 lemon (2)
- 1/2 lime (1a)
- 1/2 - 1 lb. blueberries or raspberries (3a)

### Meat and Fish

- 1 1/2 lbs. boneless, skinless chicken breasts (1)
- 1 1/2 - 2 lbs. halibut fillet (2)
- \* 12 oz. pre-cooked Italian turkey, chicken or meatless sausage (use wheat/gluten-free if needed) (*optional*)(4)
- \* 3 slices bacon (turkey, pork or meatless) (*optional*)(3)

### Shelved Items

- 6 slices ciabatta bread (3)
- 1 1/2 cups farro perlato (use 8 - 9 oz. package Tuscan Fields Farro alle Verdure, if available) (4)
- 16 oz. rigatoni noodles (5)
- \* 4 cups tortilla chips (*optional*)(1a)
- 12 corn or wheat tortillas (1)
- 2 Tbsp. tomato paste (5)
- 1 cup reduced-sodium vegetable broth (4)
- 1/2 cup reduced-sodium chicken broth or water (1)
- 12 oz. salsa or picante sauce (1)
- 15 oz. canned chickpeas (garbanzo beans) (4a)
- 15 oz. reduced-sodium canned black beans (1a)
- 1 - 2 Tbsp. capers (5)
- \* 1 Tbsp. pine nuts (*optional*)(4)

### Spices

- 1 1/2 - 1 3/4 tsp. salt (1a)(2)(3)(4)(5)
- 1 tsp. herbes de Provence or thyme (3)
- 1/8 tsp. black pepper (4)
- 1/2 tsp. ground cinnamon (1)
- 1 tsp. ground cumin (1)(1a)
- 3/4 tsp. garlic powder (1a)(3)
- 1/2 tsp. chili powder (1a)

### Staples

- 9 Tbsp. + 1/4 cup + 1 tsp. extra virgin olive oil (1)(1a)(2)(2a)(4)(4a)(5)
- 1 tsp. red wine vinegar (4a)
- 2 - 3 tsp. balsamic vinegar (4)
- 2 tsp. Dijon mustard (use wheat/gluten-free if needed) (2)
- 1 Tbsp. + 2 tsp. honey (1)(2)
- 1 1/2 cups nonfat or low fat milk (3)
- 6 eggs (3)
- 1 tsp. minced garlic (4)

### Refrigerated/Frozen Section

- 1 cup shredded Cheddar cheese (3)
- 1 Tbsp. + 1/4 cup grated Parmesan cheese (2a)(5)
- 1 cup shredded Swiss cheese (3)
- 1 Tbsp. orange juice (1a)
- 10 oz. frozen chopped spinach (3)

### The above ingredients will make

(1) = Spiced Chicken Soft Tacos, (1a) = Black Bean Dip, (2) = Grilled Halibut with Lemon-Basil Vinaigrette, (2a) = Grilled Broccoli, (3) = Light and Fluffy Spinach and Cheese Strata, (3a) = Blueberries or Raspberries, (4) = Farro with Grilled Italian Vegetables, (4a) = Chickpeas with Mint, (5) = Sicilian Pasta with Eggplant and Fresh Tomatoes, (5a) = Vegetable Platter with Carrots, Red Peppers and Snow Peas

\* - Includes ingredients that are optional.