



GROCERY LIST

Produce

- 2 carrots (5)
- 1 3/4 red onions (2)(3)(5)
- 1 1/2 red bell peppers (3)(5)
- * 1 jalapeno pepper (*optional*)(2)
- 5 tomatoes (5)
- 8 oz. cherry tomatoes (4)
- 5 - 7 oz. baby salad greens (4a)
- 1/4 cup fresh basil leaves (4)
- 2 Tbsp. fresh cilantro (2)
- 1 head broccoli (3)
- 4 ears fresh corn (1a)
- 1 head cauliflower (5)
- 1 avocado (2)
- 3 1/4 - 3 1/2 limes (1)(1a)(2)
- 1 peach (4a)
- 1 mango (2)

Meat and Fish

- 1 lb. cooked shrimp (preferably US or Canadian farmed or wild shrimp) (2)
- 1 1/2 - 2 lbs. flank steak (1)

Shelved Items

- 1 whole grain baguette (2a)
- 1 - 2 cups quick-cooking brown rice or regular white rice (3a)
- 1 1/2 cups bulgur wheat or use quick-cooking brown rice (5a)
- 16 oz. whole wheat fettuccine (4)
- 3 cups reduced-sodium chicken or vegetable broth (5a)
- 2 Tbsp. barbecue sauce (5)
- 15 oz. canned chickpeas (garbanzo beans) (5)
- 1/2 cup + 4 tsp. pecans (3)(4a)
- 1/2 cup cashews (4)

Spices

- 2 1/2 tsp. salt (1)(2)(4)(5)
- 1 tsp. dried oregano (1)
- * 1/4 tsp. crushed red pepper flakes (*optional*)(3)
- 1/4 tsp. black pepper (5)
- 1 tsp. ground cumin (1)
- 1 Tbsp. garam masala (an Indian spice blend) (5)
- 1 Tbsp. chili powder (1)
- 1 tsp. smoked paprika (1)

Staples

- 1 1/2 tsp. + 1 Tbsp. butter (1a)(4)
- 5 Tbsp. extra virgin olive oil (1)(2)(5)
- 2 Tbsp. coconut or peanut oil (3)
- 2 - 4 Tbsp. vinaigrette dressing (4a)
- 3 Tbsp. reduced-sodium soy sauce (use wheat/gluten-free if needed) (3)
- 2 Tbsp. brown sugar (3)
- 4 tsp. minced garlic (3)(4)(5)

Refrigerated/Frozen Section

- 1/4 cup grated Parmesan cheese (4)
- 1 cup whole milk ricotta cheese (4)
- * 3/4 cup plain nonfat Greek yogurt (*optional*)(5)
- 15 oz. extra-firm tofu (3)

The above ingredients will make

(1) = Grilled Mexican Flank Steak, (1a) = Easiest Grilled Corn, (2) = Shrimp, Mango and Avocado Salad with Lime, (2a) = Whole Grain Baguette, (3) = Caramelized Tofu and Broccoli Stir-Fry, (3a) = Brown or White Rice, (4) = Healthy Fettuccine Alfredo with Cherry Tomatoes, (4a) = Baby Greens with Sliced Peach and Pecans, (5) = Indian Summer Vegetable Stew, (5a) = Bulgur Wheat

* - Includes ingredients that are optional.