



GROCERY LIST

Produce

10 - 12 carrots (3)(4b)
 1 small yellow onion (3)
 1/2 large sweet yellow onion, such as Vidalia or Walla Walla (2)
 1 red onion (4)
 1 jalapeno pepper (4)
 4 stalks celery (3)
 12 oz. baby spinach (5)
 * 2 cloves garlic (*optional*)(4a)
 1 1/2 tsp. fresh ginger (4)
 3/4 - 1 cup + 2 Tbsp. fresh cilantro (4)(4b)(5)

1 Tbsp. + 1/4 cup fresh flat-leaf parsley (2a)(3)
 1/4 tsp. fresh or dried rosemary (3a)
 1 lb. broccoli (1a)
 1 lb. green beans, fresh or frozen (2b)
 8 - 10 oz. sliced button or cremini mushrooms (5)
 5/8 lemons (2)(2b)
 1/2 - 1 lime (4b)
 2 oranges (5a)
 2 grapefruits (5a)

Meat and Fish

1 whole chicken, cut up (1)

1 - 1 1/2 lbs. salmon fillet (use wild Alaskan salmon if possible) (2)

Shelved Items

6 slices sourdough, French or challah bread (3a)
 1 1/2 cups basmati rice (4a)
 1 1/2 cups farro perlato (or use pearly barley) (2a)
 8 whole wheat tortillas (use wheat/gluten-free if needed) (5)
 28 oz. canned whole or diced tomatoes (4)

28 oz. diced tomatoes (3)
 10 cups reduced-sodium chicken or vegetable broth (2a)(3)(4a)
 12 oz. salsa verde (green salsa) (use a high quality jarred salsa such as Frontera) (5)
 * 1/4 cup mango chutney (*optional*)(4)
 1 1/2 cups red lentils (4)

Spices

2 3/8 tsp. salt (1)(2a)(2b)(4)(4b)
 1/2 tsp. kosher salt (2)(3a)
 1/4 - 1/2 tsp. salt-free lemon pepper seasoning (1a)
 * 1/4 tsp. crushed red pepper flakes (*optional*)(3a)
 1/4 tsp. black pepper (2)(2b)
 * 6 whole cloves (*optional*)(4a)
 * 1 stick of cinnamon (*optional*)(4a)
 3/4 tsp. ground cinnamon (1)
 1/4 tsp. ground ginger (2)

1 1/4 tsp. ground cumin (1)(5)
 1 Tbsp. garam masala (an Indian spice blend) (4)
 1 tsp. turmeric (4)
 3/4 tsp. curry powder (4b)
 1/2 tsp. garlic powder (5)
 1/2 tsp. chili powder (5)
 1 1/2 tsp. paprika (1)
 1/4 tsp. dried dill (2)

Staples

1 1/2 Tbsp. butter or margarine (1)
 6 Tbsp. + 1 tsp. extra virgin olive oil (2)(2a)(2b)(3a)(4b)
 1 Tbsp. vegetable oil (3)
 1 tsp. canola or vegetable oil (5)

1 1/2 Tbsp. Dijon mustard (use wheat/gluten-free if needed) (1)
 3 Tbsp. pure maple syrup (1)
 4 tsp. minced garlic (2b)(3a)(4)(4b)

Refrigerated/Frozen Section

1 cup shredded Mexican blend cheese (5)
 2 wedges Light Laughing Cow Creamy Swiss or Garlic and Herb cheese (5)
 * 1 cup nonfat sour cream (*optional*)(5)

15 oz. extra-firm tofu (3)
 1 Tbsp. basil pesto (3)

The above ingredients will make

(1) = Spiced Chicken with Maple Butter Glaze, (1a) = Steamed Broccoli with Lemon Pepper Seasoning, (2) = Succulent Salmon with Caramelized Onions, (2a) = Farro, (2b) = Green Beans with Lemon and Garlic, (3) = Pesto Vegetable Soup with Tofu or Chicken, (3a) = Garlic Toast, (4) = Spicy Slow-Cooked Indian Dal, (4a) = Basmati Rice, (4b) = Curried Carrot Salad with Lime and Cilantro, (5) = Vegetarian Enchiladas Verdes, (5a) = Orange and Grapefruit Slices

* - Includes ingredients that are optional.