



GROCERY LIST

Produce

* 4 scallions (*optional*)(3)
 1/2 yellow onion (3)
 1 lb. parsnips or carrots (4a)
 1 1/2 red onions (1a)(5)
 1 green or red bell pepper (5)
 1 head kale (1a)
 1/4 cup fresh basil (4)

Meat and Fish

2 lbs. chicken tenderloins or use boneless, skinless chicken breasts (1)
 1 - 1 1/2 lbs. tilapia fillets or other thin white fish (2)

Shelved Items

1 1/2 cups quick-cooking brown rice or regular white rice (2a)
 1 lb. orecchiette noodles (4)
 8 whole wheat tortillas (use wheat/gluten-free if needed) (5)
 2 cups dry stuffing mix, herb seasoned or cornbread (1)
 14 oz. diced tomatoes with green chilies (5)
 32 oz. reduced-sodium chicken or vegetable broth (3)
 * 1 cup salsa (*optional*)(5)

Spices

1 1/8 - 1 3/8 tsp. salt (1)(1a)(2)(2a)(4)
 1/4 tsp. kosher salt (4a)
 5/8 - 3/4 tsp. black pepper (1)(1a)(2)(4)(4a)
 3 tsp. ground cumin (5)(5a)

Staples

2 Tbsp. butter (4)
 1 Tbsp. butter or margarine (3)
 5 - 7 Tbsp. extra virgin olive oil (1a)(2)(4a)(5a)
 1 Tbsp. canola or vegetable oil (5)

Refrigerated/Frozen Section

2 cups shredded Cheddar cheese (3)(5)
 1/4 cup grated Parmesan cheese (4)
 * 1 cup guacamole (*optional*)(5)
 * 1 cup nonfat vanilla yogurt (*optional*)(3b)

The above ingredients will make

(1) = Crunchy Chicken Fingers, (1a) = Colorful Kale Salad, (2) = Quick Tilapia with Lemon, Garlic, and Capers, (2a) = Steamed Rice and Peas, (3) = Garlic Mashed Potato Soup, (3a) = Baked Breadsticks, (3b) = Fruit Kabobs, (4) = Orecchiette and Broccoli with Lemon Butter Sauce, (4a) = Roasted Parsnips or Carrots, (5) = Toasty Baked Burritos, (5a) = Spicy Zucchini Sticks

* - Includes ingredients that are optional.

1 lb. broccoli (4)
 2 zucchini (5a)
 2 large russet (baking) potatoes (3)
 1 cup corn kernels, fresh, frozen or canned (5)
 2 1/4 - 2 3/4 lemons (1a)(2)(4)
 6 - 8 cups seasonal mixed fruit such as strawberries, blueberries, bananas, mango, grapes and/or melon (3b)

* 2 strips turkey, pork or vegetarian bacon, preferably nitrite-free (*optional*)(3)

15 oz. canned pinto beans (5)
 15 oz. reduced-sodium canned black beans (5)
 1 Tbsp. capers (2)
 1/2 cup dried cranberries (preferably naturally sweetened) (1a)
 1/4 cup pine nuts (4)
 15 - 20 colorful toothpicks or wooden skewers (3b)

1 tsp. garlic powder (5a)
 1 tsp. chili powder (5)
 2 tsp. paprika (5a)

1 Tbsp. Dijon mustard (use wheat/gluten-free if needed) (1)
 * 1 Tbsp. reduced-sodium soy sauce (use wheat/gluten-free if needed) (*optional*)(2a)
 3 1/2 - 4 1/2 tsp. minced garlic (2)(3)(5)

1 1/2 cups + 2 Tbsp. nonfat sour cream (1)(3)(5)
 1 pkg. low fat breadsticks (bake-at-home), such as Pillsbury (3a)
 1 cup frozen peas (2a)