



GROCERY LIST

Produce

- 8 carrots (1b)(3)
- 4 scallions (2)
- 2 large yellow onions (5)
- 1/2 yellow onion (4)
- 6 - 8 cups baby arugula or fresh chopped arugula (5a)
- 1 1/2 lbs. white cabbage (5)
- 2 tsp. fresh ginger (2)
- 1 cup fresh basil (4)
- * 1 Tbsp. fresh parsley (*optional*)(1)
- 1/4 cup fresh mint (3)
- 1/2 tsp. fresh thyme (1b)
- 2 cucumbers (2a)
- 8 oz. sliced mushrooms (1)
- 1 avocado (5a)
- 1 1/2 - 2 lemons (1)(3)(5a)
- 1 limes (2)(4)
- 1 orange (5a)
- 1 pineapple (or canned pineapple rings) (2b)
- 1 red apple, such as Gala or Fuji (4a)
- 4 dried dates (3)

Meat and Fish

- 1 1/2 - 2 lbs. boneless, skinless chicken breasts (1)
- * 1 1/2 cups cooked and diced chicken breast (*optional*)(3)
- 1 1/4 - 1 1/2 lbs. Arctic char or salmon fillet (2)

Shelved Items

- 8 oz. Israeli or pearled couscous (3)
- 1 1/2 cups bulgur wheat or use quick-cooking brown rice (1a)
- 16 oz. extra wide egg noodles (5)
- 1 pkg. cornbread or corn muffin mix (4a)
- 28 oz. crushed tomatoes (4)
- 1/2 cup reduced-sodium chicken broth (1)
- 5 cups reduced-sodium chicken or vegetable broth (1a)(4)
- 2 tsp. rice vinegar (2a)
- 1 Tbsp. apple cider vinegar (5)
- 1/2 cup Marsala wine (1)
- 1/4 tsp. hot chili oil (2)
- 15 oz. canned chickpeas (garbanzo beans) (3)
- 1/4 cup sliced almonds (3)

Spices

- 1 3/8 tsp. salt (1)(1b)(3)(5)
- 1/4 tsp. black pepper (1)
- 1/2 tsp. ground cumin (3)(4)
- * 1/2 tsp. curry powder (*optional*)(3a)
- * 1/2 tsp. paprika (*optional*)(3a)
- * 1 tsp. caraway seeds (*optional*)(5)
- 2 tsp. + 1 Tbsp. toasted sesame seeds (2)(2a)

Staples

- 1 tsp. + 2 Tbsp. butter (1b)(5)
- 1 Tbsp. butter or margarine (1)
- 9 tsp. + 4 Tbsp. extra virgin olive oil (1)(1b)(3)(4)(5)(5a)
- 3 Tbsp. reduced-sodium soy sauce (use wheat/gluten-free if needed) (2)(2a)
- 1 tsp. sugar (2a)
- 1 Tbsp. brown sugar (5)
- 2 tsp. honey (3)(4)
- 6 eggs (3a)
- 3 1/2 tsp. minced garlic (1)(2)(4)
- 3 Tbsp. flour (use wheat/gluten-free if needed) (1)

Refrigerated/Frozen Section

- * 1/2 cup crumbled feta cheese (*optional*)(3)
- 1/2 cup reduced-fat shredded Cheddar cheese (4a)
- 2 cups frozen corn kernels (4)

The above ingredients will make

(1) = Chicken Marsala with Mushrooms and Garlic, (1a) = Bulgur Wheat, (1b) = Sauteed Carrots with Butter and Thyme, (2) = Sesame Scallion Arctic Char or Salmon, (2a) = Asian Cucumber Salad, (2b) = Pineapple, (3) = Moroccan Couscous (or Farro) Salad with Chickpeas and Dates, (3a) = Hard-Boiled Eggs, (4) = Tomato, Basil and Corn Soup, (4a) = Apple Cheddar Cornbread, (5) = Buttery Egg Noodles with Caramelized Cabbage and Onions, (5a) = Arugula Salad with Diced Oranges and Avocado

* - Includes ingredients that are optional.