



GROCERY LIST

Produce

- 1 lb. carrots (3a)
- 1 carrot (5)
- 4 scallions (5)
- 1 Tbsp. fresh chives (3a)
- 1 sweet yellow onion such as Vidalia or Walla Walla (4)
- 1/2 red onion (2b)
- 1 red bell pepper (5)
- 1 lb. collard greens (2b)
- 6 cloves garlic (1)(2b)
- 1 - 2 Tbsp. fresh ginger (5)

Meat and Fish

- 1 lb. catfish or other mild white fish fillets such as mahi mahi, tilapia, cod or sole (2)

Shelved Items

- 1 loaf whole grain bread (4a)
- 1 - 2 cups quick-cooking brown rice or regular white rice (1a)
- 1 1/2 cups farro perlato (or use pearly barley) (2a)
- 16 oz. whole wheat spaghetti or lo mein noodles (5)
- 8 large whole wheat tortillas (use wheat/gluten-free tortillas if needed) (3)
- 3 cups reduced-sodium vegetable or chicken broth (4)

Spices

- 1 3/4 tsp. salt (1)(2)(2a)(2b)(3a)
- 2 tsp. Italian seasoning blend (2)
- 1 tsp. dried oregano (1)
- 1/8 tsp. black pepper (3a)
- 1/8 tsp. ground cinnamon (4)

Staples

- 3 Tbsp. butter (2)(4)
- 5 Tbsp. + 2 tsp. extra virgin olive oil (1)(2)(2a)(2b)(4)
- 2 Tbsp. canola or vegetable oil (5)
- 1 tsp. white wine vinegar (3a)

Refrigerated/Frozen Section

- 1/2 cup shredded Cheddar cheese (3)
- 2 Tbsp. nonfat or low fat sour cream or Greek yogurt (3a)
- * 1/2 cup nonfat sour cream or Greek yogurt (optional)(4)
- 2 Tbsp. reduced-fat buttermilk (3a)

The above ingredients will make

(1) = Grilled Steak (or Tofu Steaks) in Chipotle Garlic Lime Marinade, (1a) = Brown or White Rice, (2) = Baked Fish with Mushrooms and Italian Herbs, (2a) = Farro, (2b) = Collard Greens with Garlic, (3) = Fiesta Tostadas, (3a) = Homemade Ranch Dressing with Carrots and Broccoli, (4) = Butternut Squash and Apple Soup with Crispy Sage, (4a) = Whole Grain Bread, (5) = Chinese-Style Lo Mein with Vegetables, (5a) = Honeydew Melon or Cantaloupe

* - Includes ingredients that are optional.

- * 1/4 cup fresh cilantro (optional)(5)
- * 1 Tbsp. fresh flat-leaf parsley (optional)(2a)
- * 1/4 cup fresh sage leaves (optional)(4)
- 3 - 4 lbs. butternut squash (4)
- 6 - 8 cremini or button mushrooms (2)
- 1 avocado (3)
- 1 lemon (2)
- 2 limes (1)
- 1 red apple, such as Gala or Fuji (4)
- 1 honeydew melon or cantaloupe (5a)

- 2 1/4 lbs. skirt or flank steak, trimmed of visible fat, or 2 blocks of extra-firm tofu (1)

- 3 cups reduced-sodium chicken or vegetable broth (2a)
- 7 oz. chipotle peppers in adobo sauce (1)
- 1/4 cup hoisin sauce (sold with Asian foods) (5)
- 1 cup vegetarian refried beans (Amy's is our favorite) (3)
- 1/2 cup reduced-sodium canned black beans (3)
- 1/4 cup sliced black olives (3)

- 1/2 tsp. ground ginger (4)
- 1 tsp. ground cumin (1)
- 1 tsp. curry powder (4)
- 3/8 tsp. garlic powder (2)(3a)
- 1/4 tsp. dried dill (3a)

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

- 1/2 cup orange juice (1)
- 2 Tbsp. apple cider (4)
- 1/4 cup frozen corn kernels (3)