



GROCERY LIST

Produce

- 3 - 4 scallions (3)
- 2 Tbsp. fresh chives or scallions (2)
- 1/2 yellow onion (1)
- 1 red or yellow bell pepper (1)
- 16 oz. grape tomatoes (4)
- 1/2 cup fresh basil leaves (4)
- 1 lb. Brussels sprouts (4a)
- 1 lb. green beans (2a)
- 20 oz. peeled and cut butternut squash (1 medium to large squash) (1a)
- 1 head cauliflower (5)
- 2 ripe avocados (4)
- 1 3/4 lemons (2)(2a)(4)
- 6 - 12 clementines (3a)
- 2 bananas (5a)

Meat and Fish

- 4 boneless, skinless chicken breast halves (1)
- 1 lb. cod or other white fish fillets (2)
- 1/2 lb. peeled and deveined shrimp (preferably US or Canadian farmed or wild shrimp), or use extra-firm tofu or diced chicken breast (3)

Shelved Items

- 1 1/2 cups dry white or quick-cooking brown rice (3)
- 16 oz. spaghetti (4)
- 1 1/2 cup + 2 Tbsp. panko bread crumbs (2)
- 1/2 cup pineapple juice (5a)
- 3/4 cup chunky salsa (1)
- 1/4 cup mango chutney (5)
- 15 oz. canned chickpeas (garbanzo beans) (5)
- 1/4 cup raisins (5)
- 1/4 cup cashews (5)

Spices

- 1 1/8 tsp. salt (2a)(4)(5)
- 3/4 - 1 tsp. kosher salt (1a)(4a)
- * 1/4 tsp. cayenne pepper (*optional*)(5)
- 3/8 - 5/8 tsp. black pepper (2a)(3)
- 1 1/4 tsp. ground cumin (1)(5)
- 1 tsp. curry powder (5)
- 1/2 tsp. garlic powder (1)
- 3 tsp. chili powder (1)(1a)(5)
- 1/2 tsp. Old Bay seasoning (2)

Staples

- 8 - 9 Tbsp. extra virgin olive oil (1a)(4)(4a)(5)
- 2 Tbsp. peanut or vegetable oil (3)
- 1/4 cup reduced-fat mayonnaise (2)
- 3 Tbsp. reduced-sodium soy sauce (use wheat/gluten-free if needed) (3)
- 2 large eggs (2)
- 2 eggs (3)
- 1 1/2 tsp. minced garlic (4)

Refrigerated/Frozen Section

- 1/2 cup shredded Cheddar cheese (1)
- 1 - 2 Tbsp. goat or feta cheese, crumbled (2a)
- 1/2 grated Parmesan cheese (4)
- 2 cups nonfat or low fat plain or vanilla yogurt (5a)
- 1 cup orange juice (5a)
- 1 cup corn kernels, frozen or fresh (2)
- 1 cup frozen peas (3)

The above ingredients will make

(1) = Salsa Chicken Packets, (1a) = Chili Roasted Butternut Squash, (2) = Cod and Corn Chowder Pie, (2a) = Steamed Green Beans with Goat or Feta Cheese, (3) = Fried Rice with Shrimp, Tofu or Chicken, (3a) = Clementines, (4) = Spaghetti with Creamy Avocado Pesto and Roasted Tomatoes, (4a) = Roasted Brussels Sprouts, (5) = Roasted Indian Cauliflower Tossed with Chickpeas and Cashews, (5a) = Tropical Island Smoothies

* - Includes ingredients that are optional.