



GROCERY LIST

Produce

7 carrots (1)(3)	3/4 lb. sweet potato(es) (5)
1 1/2 - 2 yellow onions (1)(3)	2 potatoes (any variety) (1)
2 stalks celery (3)	4 ears fresh corn (5)
1 head lettuce, any variety (4a)	1 large avocado (5a)
6 oz. baby spinach, escarole or arugula (3)	3 - 3 1/2 limes (2)(3a)(5)
1/2 clove garlic (5a)	2 - 3 kiwis (3a)
3 whole cloves garlic (2)	1 apple (4a)
7/8 cup fresh cilantro (2)(5)	1 - 2 bananas (3a)
1 cup fresh parsley (4)	2 mangos (3a)

Meat and Fish

1 whole chicken (about 4 lbs., or use 8-10 chicken pieces) (1)	12 oz. pre-cooked Italian turkey, chicken or meatless sausage (use wheat/gluten-free if needed) (3)
1 - 1 1/2 lbs. tilapia fillets or other thin white fish (2)	

Shelved Items

1/2 baguette (5a)	10 cups reduced-sodium chicken or vegetable broth (3)
1 - 2 cups quinoa or couscous (2a)	15 oz. reduced-sodium canned black beans (5)
1 cup orzo (use wheat/gluten-free if needed) (3)	6 oz. black olives (4)
1 pkg. rigatoni noodles (4)	* 1 - 2 tsp. superfine sugar (<i>optional</i>)(3a)
* 6 whole wheat tortillas (use wheat/gluten-free if needed) (<i>optional</i>)(5)	1/4 cup walnuts (4a)
15 oz. diced tomatoes (4)	

Spices

2 3/8 tsp. salt (1)(2)(2b)(4)(4a)(5)	1 1/4 tsp. black pepper (1)(2)(4a)
1/4 tsp. sea salt or other coarse salt (5a)	1/2 tsp. ground cumin (5)
1 tsp. Italian seasoning blend (3)	1 tsp. garlic powder (1)
1 tsp. dried thyme (1)	1 tsp. chili powder (5)
* 1/2 tsp. cayenne pepper (<i>optional</i>)(1)	2 tsp. paprika (1)

Staples

1 tsp. butter (2b)	2 Tbsp. red wine vinegar (4a)
6 Tbsp. + 1/4 cup extra virgin olive oil (2)(3)(4)(4a)(5a)	1 tsp. honey (4a)
2 Tbsp. canola or vegetable oil (5)	2 tsp. minced garlic (4)

Refrigerated/Frozen Section

2 Tbsp. blue cheese (4a)	3 cups frozen mixed vegetables such as carrots and peas (2b)
1/2 cup grated Parmesan cheese (3)	

The above ingredients will make

(1) = Spice-Rubbed Slow-Cooked Whole Chicken, (2) = Tortuguero Tilapia with Cilantro-Lime Sauce, (2a) = Quinoa (or Couscous), (2b) = Simple Mixed Vegetables, (3) = Italian Shotgun Wedding Soup, (3a) = Tropical Fruit Salad, (4) = Rigatoni with Tomatoes and Olives, (4a) = Green Salad with Apples, Toasted Walnuts and Blue Cheese, (5) = Warm Sweet Potato, Corn and Black Bean Salad, (5a) = Avocado Garlic Toasts

* - Includes ingredients that are optional.