



## GROCERY LIST

### Produce

- |                                  |                              |
|----------------------------------|------------------------------|
| 1 yellow onion (5)               | 1 zucchini (3)               |
| 2 small yellow onions (1a)(4)    | 1 cucumber (2a)              |
| 1 small red onion (3)            | 1 small sweet potato (4)     |
| 1 yellow bell pepper (3)         | 1 1/2 lbs. red potatoes (1a) |
| 1 jalapeno pepper (1a)           | 8 oz. sliced mushrooms (3)   |
| 1/2 tomato (1a)                  | 2 avocados (2a)              |
| 6 - 9 oz. baby spinach (5)       | 5/8 lemons (1)(2a)           |
| 5 - 7 oz. baby salad greens (3a) | 1 pear (3a)                  |
| 1/4 head purple cabbage (4)      | 1 bunch seedless grapes (5a) |
| 1 Tbsp. fresh ginger (1a)        |                              |

### Meat and Fish

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|--|---|
| 6 - 8 piece bone-in chicken, any variety (1) | * 1 lb. hot Italian sausage (use wheat/gluten-free if needed) |
| 1 lb. salmon fillet (2)                      | (optional)(3)   |

### Shelved Items

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|---|--|
| 1 whole grain baguette (4a)               | 2 cups reduced-sodium chicken or vegetable broth (5) |
| 16 oz. whole wheat penne rigate (3)       | 1 - 3 tsp. apple cider vinegar (4)                   |
| 12 corn tortillas (2)                     | 3/4 cup dried green/brown lentils (5)                |
| 24 oz. red pasta sauce (3)                | 1/4 cup dried currants or raisins (5)                |
| 14 oz. diced tomatoes (5)                 | 4 tsp. pecans (3a)                                   |
| 32 oz. reduced-sodium vegetable broth (4) |  |

### Spices

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|---|--|
| 1 3/4 tsp. salt (1)(1a)(2)(5)           | 1 tsp. garam masala (an Indian spice blend) (1a) |
| 1/2 tsp. dried rosemary (4)             | 1 Tbsp. + 1 tsp. curry powder (1)(1a)            |
| * 1/4 tsp. cayenne pepper (optional)(2) | 1/4 tsp. garlic powder (2)                       |
| 1 tsp. ground cinnamon (5)              | 1/2 tsp. paprika (2)                             |
| 2 1/2 tsp. ground cumin (2)(5)          |  |

### Staples

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|---|---|
| 2 Tbsp. butter or margarine (1)             | 1 Tbsp. Dijon or yellow mustard (use wheat/gluten-free if needed) |
| 5 Tbsp. extra virgin olive oil (2)(3)(4)(5) | (1)   |
| 2 Tbsp. canola or vegetable oil (1a)        | 2 Tbsp. Worcestershire sauce (3)                                  |
| 1/2 tsp. balsamic vinegar (2a)              | 3 Tbsp. honey (1)   |
| 2 - 4 Tbsp. vinaigrette dressing (3a)       | 3 1/2 tsp. minced garlic (1a)(3)(4)                               |
|   | * 1 tsp. cornstarch (optional)(1)                                 |

### Refrigerated/Frozen Section

- |   |                                     |
|---|-------------------------------------|
| 1 Tbsp. crumbled Gorgonzola or blue cheese (2a) | 1/4 - 1/2 cup nonfat sour cream (3) |
| 1/4 cup grated Parmesan cheese (4)              | 1/4 cup orange juice (1)            |
| 8 oz. guacamole (2)                             | 1 cup frozen shelled edamame (4)    |
| 1/2 cup pico de gallo (fresh chopped) salsa (2) |                                     |

### The above ingredients will make

(1) = Irresistible Honey-Curry Chicken, (1a) = Punjabi-Style Potatoes, (2) = Salmon (or Tofu) Tacos, (2a) = Chopped Cucumber and Avocado Salad, (3) = Penne Rigate with Garden Vegetables, (3a) = Baby Greens with Sliced Pear and Pecans, (4) = Winter Rainbow Soup, (4a) = Whole Grain Baguette, (5) = Lovely Lentils with Spinach and Tomatoes, (5a) = Seedless grapes

\* - Includes ingredients that are optional.