



GROCERY LIST

Produce

- 1 lb. carrot (4a)
- 6 scallions (2)(5)
- 2 yellow onions (1)(3)
- 1 red bell pepper (5)
- 1 head butter lettuce or other soft lettuce (1a)
- 5 oz. baby arugula (4)
- 1 - 2 cloves garlic (4)
- 1 Tbsp. fresh ginger (1)
- 1 cup fresh flat-leaf parsley (5)
- 2 Tbsp. fresh mint leaves (1a)
- 1 large head broccoli (5)
- 1 bunch asparagus (2b)
- 2 medium white or sweet potatoes (3)
- 1 1/2 lemons (4)(5)
- 1/2 lime (2)
- 2 - 4 apples (3a)
- 1 Asian pear (1)(1a)

Meat and Fish

- 4 tilapia fillets (2)
- 1 1/4 - 1 1/2 lbs. skirt steak (1)
- 1/2 lb. smoked ham or soy chorizo (3)

Shelved Items

- 1 loaf whole grain bread (5a)
- 1 - 2 cups buckwheat (kasha) (2a)
- 16 oz. fusilli noodles (use wheat/gluten-free if needed) (4)
- * 1 cup tortilla chips (*optional*)(3)
- 16 oz. medium or spicy salsa (3)
- * 1 chipotle pepper in adobo sauce (*optional*)(3)
- 1/2 cup white wine (2)
- 16 oz. dry pinto beans (3)
- 1 1/2 cups chickpeas (garbanzo beans) (5)
- 1/4 cup dried cranberries (preferably naturally sweetened) (5)
- 1/2 cup shelled unsalted pistachio nuts (4)
- 1/4 cup chopped walnuts (5)

Spices

- 1 1/8 - 1 3/8 tsp. salt (2)(3)(4a)(5)
- 1/4 tsp. kosher salt (2b)
- 3/8 tsp. black pepper (2)(2b)(5)
- 1 Tbsp. smoked paprika (3)
- 1 Tbsp. sesame seeds (1)

Staples

- 1 Tbsp. butter (4a)
- 4 tsp. butter or margarine (2)
- 1 Tbsp. + 1/2 cup extra virgin olive oil (2b)(4)(5)
- 1 Tbsp. sesame oil (1)
- 2 Tbsp. balsamic vinegar (5)
- 2 - 4 Tbsp. vinaigrette dressing (1a)
- 1/4 cup reduced-sodium soy sauce (use wheat/gluten-free if needed) (1)
- 1/4 cup + 1 - 2 tsp. honey (3a)(4a)
- 3 tsp. minced garlic (1)(2)(3)
- 1/2 cup flour (use wheat/gluten-free if needed) (2)

Refrigerated/Frozen Section

- 2 Tbsp. crumbled Gorgonzola or blue cheese (1a)
- * 1 cup shredded sharp Cheddar cheese (*optional*)(3)
- 1 cup feta cheese (5)
- 1/4 cup grated Parmesan cheese (4)
- 16 oz. frozen roasted corn (3)

Misc

- 6 cups water (3)

The above ingredients will make

(1) = Sizzling Korean Beef, (1a) = Green Salad with Asian Pear, Crumbled Gorgonzola, and Fresh Mint, (2) = Breaded Tilapia with Garlic-Lime Sauce, (2a) = Buckwheat (Kasha), (2b) = Roasted Asparagus, (3) = Slow-Cooker Sweet and Smoky Corn and Pinto Bean Stew, (3a) = Sliced Apples, (4) = Fusilli with Pistachio-Arugula Pesto, (4a) = Honey Glazed Carrots, (5) = Broccoli and Chickpea Salad with Lemon Vinaigrette, (5a) = Whole Grain Bread

* - Includes ingredients that are optional.