



## Shopping List

<p><b><u>PRODUCE</u></b></p> <p>Avocado (1 each) Baby spinach (5 ounces) Basil (1 bunch) Broccoli crowns (2 medium) Cabbage (1 bag shredded or half head) Carrots (2 each) Cauliflower (1 small head) Celery (2 stalks) Cilantro (1 bunch) Favorite salad toppings Green beans (6 cups) Lemon (1 each) Lettuce or salad greens Limes (2 each) Sweet onions (2 medium) Red bell pepper (1 each) Red onion (2 medium) Rosemary (1 bunch) Shallot (1 each) White mushrooms (10 ounces) Yellow onion (1 large)</p> <p><b><u>GOURMET CHEESE, DELI + BAKERY</u></b></p> <p>Extra-firm tofu (not silken) (1 package) Feta cheese, preferably reduced fat (1/4 cup) Parmesan or Romano cheese (about 1 cup) Pico de gallo (1 container) Whole grain buns (1 package)</p> <p><b><u>MEAT + SEAFOOD</u></b></p> <p>Boneless, Skinless chicken thighs (1 pound) Cod filet (1 pound) Lean ground beef, preferably grass fed (1 pound)</p>	<p><b><u>GROCERY</u></b></p> <p>Canned artichoke hearts Corn tortillas (1 package) Crushed tomatoes (small can) Dry white wine (1/2 cup) Greek black olives, such as Kalamata (small) Jumbo shells pasta (1 package) Reduced-sodium chicken broth (8 cups) Refried black beans (1-2 cans) Roasted red pepper (small jar) Thin-style pizza crust (10 ounces) Tomato basil sauce (1 jar) Wild rice (2/3 cup)</p> <p><b><u>DAIRY + FROZEN</u></b></p> <p>Frozen rolls (1 bag) Part-skim ricotta cheese (15 oz) Plain yogurt (small container) Shredded Cheddar cheese (1/2 cup) Shredded part skim mozzarella cheese (12 oz) sour cream (small container)</p>
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