

Grocery Shopping List

PRODUCE

*Assorted Vegetables (of your choice) for Roasting - 4 cups
Garlic - 4 cloves
Baking Potato - 1 large
Kale - 2 cups
Berries (of your choice) - 1 cup
Banana - 1
Onion - 1 small
Sliced Mushrooms - 1 cup
Zucchini - 1 cup
Parsley (fresh) - 2 tbs
Lemon - 1
Spinach or Power Greens - 4 cups
Salad Greens - 6 cups
Tomato - 1 medium
Bell Pepper (any color) - 1 large
Cucumber - 1
Sweet Potato - 1 medium
Apple - 2 small
Grapefruit - 1

DAIRY

Egg - 2
Milk (Oat or Regular) - 1/2 cup
Plain Greek Yogurt - 1 1/2 cup + 2 tbs
Sour Cream - 1/4 cup

CANNED GOODS

Olive Oil - 3/4 Cup
Chicken or Vegetable Broth - 16 oz
Orange Juice - 4 tbs
Low Sugar Granola - 2/3 cup
Sweet, Hot or Dijon Mustard - 1 tbs
Worcestershire Sauce - 1 tsp
Rice, Quinoa or Pasta - one serving
Balsamic Vinegar - 1/3 cup + 2 tsp
Crushed Red Pepper - 1/4 tsp
Cinnamon - 1/4 tsp
Bread - 1 slice
Nut Butter - 2 tbs

MEAT, POULTRY, FISH

Spicy Italian Sausage - 1/2 lb
Pork Tenderloin - 1 lb
Chicken Thigh - 1

