

# Grocery Shopping List

## PRODUCE

Lemon - 1  
Yellow Onion - 1 medium  
Sweet Potato - 1 medium  
Bell Pepper - 1 medium  
Carrot - 1/2 cup  
Baking Potato - 1 medium  
Kale (or Spinach) - 1 1/2 cup  
Mixed Greens - 6 cups  
Broccoli - 1 small crown  
Green Onions - 1/4 cup  
Fresh Blueberries (or Strawberries) - 3/4 cup  
Fresh Berries (any type) - 1/2 cup  
Banana - 1 small  
Dill - 1/2 tsp dried or 1/2 tbs fresh  
Fresh Parsley (optional) - 1 tbs

## CANNED GOODS

Butter - 1/2 tbs  
Olive Oil - 1/3 cup + 1 tbs  
Red Wine Vinegar - 1/3 cup  
Soy Sauce - 2 tbs  
Garlic Powder - 1/4 tsp  
Chicken Broth - 1 cup (organic)  
Quinoa - 1/2 cup, uncooked  
Corn - 3/4 cup frozen  
Rotel - 2 cans (organic or no salt)  
Red Enchilada Sauce - 1 can (organic)  
Old Fashioned Oats - 1 cup  
Pumpkin Puree (no sugar added) - 1/2 cup  
Pumpkin Pie Spice (or Cinnamon)- 1 tsp  
Maple Syrup or Honey - 1 tbs  
Bread - 1 slice  
Nut Butter - 2tbs  
Hot Sauce, optional

## DAIRY

Grated Parmesan - 2 tbs  
Feta or Goat Cheese - 1/3 cup + 2 tbs  
Eggs - 3  
Milk (any kind) - 3/4 cup  
Lowfat Greek Yogurt - 1 cup

## MEAT, POULTRY, FISH

Tilapia Filet - 1 (approx. 6 oz)  
Lean Ground Turkey - 1 lb

