

# Grocery Shopping List

## PRODUCE

\*Assorted Vegetables (of your choice) for  
Roasting - 3 cups  
Salad Greens - 6 cups  
Tomato - 1  
Cucumber - 1  
Garlic - 1 clove  
Yellow Onion - 1 cup  
Red Onion - 1/4 cup  
Kale - 4 cups  
Corn - 1/2 cup fresh or frozen  
Cilantro - 1 tbs  
Bell Pepper (any color) - 2  
Mushrooms - 1/4 cup  
Dates (pitted) - 4  
Banana - 1 large  
Apple - 2  
Oranges - 2 small  
Avocado

## CANNED GOODS

Chicken or Vegetable Broth - 32 oz  
Olive Oil - 1/2 cup  
Great Northern Beans - 2 (15 oz) cans  
Tomato Puree - 1/2 cup  
Bread Crumbs - 1/2 cup  
BBQ sauce - 2 tbs  
Whole Wheat Tortilla - 2  
Nut Butter - 6 tbs  
Cocoa Powder - 2 tsp  
Nuts (your choice, chopped) - 2 tbs  
Bread - 1 slice  
Balsamic Vinegar - 1/4 cup  
Cinnamon - 1/4 tsp

## DAIRY

Milk - 1 cup (any kind)  
Egg - 1  
Shredded Cheese (any kind) - 1/4 cup  
+ 2 tbs  
Eggs - 4

## MEAT, POULTRY, FISH

Ground Spicy Italian Sausage Link - 5 oz  
Lean Ground Turkey (or beef) - 3/4 lb  
Chicken - 1 breast

