

Grocery List – October Week 2

Produce

Avocados, 5
Broccoli, 2 heads
Carrots, 1lb
Chiles, 2 Anaheim & 2 Poblano
Corn, 2 bags frozen
Garden Peas, 2 bags frozen
Garlic cloves, 5 (1 bulb if needed)
Leeks, 4 medium
Lettuce, 2 heads or 1 clamshell
Onion, 2 medium
Swiss Chard, 2 bunches
Russet Potatoes, 5 lb
Spinach, 6 cups fresh
Bananas, 10
Frozen berries, 2 lbs
Pears, 10

Dairy

Butter, 2 sticks
Heavy cream, 8oz
Whole milk, gallon
Cheddar Cheese, 2 lb block
Parmesan, 1 ¼ cup
Sour cream, 8 oz
Yogurt, 3 – 32oz tubs, plain

Protein

Eggs, 12ct
Chicken Breasts, 3 lbs
Ground Lamb, 1lb (can substitute with Beef)
Ground Beef 1 ¼ lb

Bakery

Whole wheat bread, 2 loaves
Whole wheat tortillas, 8ct large

Dry/Canned Goods

Dried Apricots, 4oz
White Whole Wheat Flour (¼ cup needed)
Oatmeal (if none left from last week)
Cornmeal, (if none left from last week)
Black beans, 1 lb dry or 3 cans
Tomato Paste, 1 can
Salsa
Kalamata Olives, ½ cup
Fire roasted tomatoes, diced 28oz
Tortilla chips, 1 bag
Brown rice, 1lb
Pecans or walnuts, 4oz

Staples (if needed)

Spices/dried herbs: Garlic powder, Cinnamon, Nutmeg, Thyme, Rosemary, Sage, Italian Seasoning, Chives, Taco Seasoning

Baking powder
Chicken & Veggie broth, 1qt each
Maple Syrup
Olive oil
Peanut Butter
Red wine (1 cup needed)
Salad dressing- vinaigrette
Salt & Pepper
Worcestershire Sauce
