

Shopping List - October Week 4

PRODUCE

Avocado
Bell pepper, 3
Broccoli, 1.5 lbs
Carrots, 1 lb
Celery
Garlic
Green onion
Kale, 2 bunches
Lemon, 2
Mushroom, 16 oz
Oranges, 4
Red skinned potatoes, 2
Spinach, 1 bag fresh
Sweet potatoes, 5
Tomato, 2

DAIRY

Mozzarella
Greek yogurt, 4oz plain
Butter, 1 stick
Whole milk
Cheddar cheese, 2 cups
Smoked Gouda, 4oz
Parmesan Cheese, 4oz

PROTEIN

Bacon
Whole Chicken, 3-4lbs
Medium Shrimp, 1lb

DRY/JARRED GOODS

Dried cranberries
Black olives
Sunflower seeds
Chickpeas, 2 cups cooked

GRAINS

Couscous
Brown Rice
Whole wheat elbow macaroni pasta
English Muffins for pizza

STAPLES (Buy as needed)

Pasta sauce
Whole wheat flour
Salt & Pepper
Herbs: Dried Thyme, dried parsley, coriander, cumin, lemon pepper, chile powder, ginger, Chinese 5 Spice, onion powder, nutmeg
Oil: Olive and Sesame
Balsamic & Champagne Vinegar
Capers
Pumpkin seeds
Chicken broth
Miso Soup (I like Miso Easy)

OTHER

