

Grocery List - November Week 1

PRODUCE

Bean Sprouts, 1package
Bell pepper, 3
Cabbage, green 2 medium head
Cabbage, red 1 small head
Carrots, 1lb
Corn on the Cob, 7 ears
Cherry Tomatoes, 8oz
Cucumbers, 2
Garlic
Green onions
Mint leaves, 1 bunch
Mushrooms, 16oz
Onion, 4
Onion, 1 Red
Oregano, Fresh
Parsley, 1 bunch
Potatoes, 4
Roma Tomatoes, 8
Romaine Lettuce, 3
Snow Peas, 8oz
Spinach, 2 bunches
Sweet Potatoes
Apples, 6
Cantaloupe
Lemon, 4

DAIRY

Whole milk, 3 cups
Provolone cheese, 8oz
Butter, 2 stick
Feta Cheese

PROTEIN

Pork Ribs, 2 racks (5-6lbs)
Bacon, 1lb
Round Beef Steaks, 8oz
Eggs, 1 dozen
Whole chicken, cut into 8 pieces
Ground Beef, 1lb
Shredded Pork, 8oz
Tofu, 1 package Firm

DRY/JARRED GOODS

Bamboo shoots, canned or fresh
Black beans, 1lb dry or 32oz can
White beans, 1lb dry or 32oz can
Sun Dried Tomatoes in Olive Oil
Rice, 1lb
BBQ Sauce, 16oz bottle
Kalamata Olives
Mayonnaise, 8oz
Sunflower Seeds, ¼ cup
Chickpeas, 1lb
Organic cane sugar, 2c

GRAINS

White whole wheat, 2 cups
French baguette
Pita bread
Red Quinoa, 8oz
Ramen or whole wheat noodles,
10oz fresh

STAPLES (Buy as needed)

Cumin, Chili Powder, Cinnamon,
Smoked Paprika, Onion Powder,
Garlic Powder, Salt, Black Pepper,
Cayenne
Dried Herbs: Oregano
Chicken Broth, 8oz
Miso Soup (I like Miso Easy)
Dijon Mustard
Apple Cider Vinegar
White Vinegar
Maple Syrup
Baking soda
Olive Oil

AUTUMN
is a second spring
when every **L**EAF
becomes a
Flower.