

YOU NEED:

Baked goods:

- Whole wheat pita bread (8)
- 🍷 Whole wheat tortillas (10)
- 🍷 Corn tortillas (4)
- 🍷 Whole-grain bread (1 loaf)

Dairy:

- Soft chèvre (6 ounces)
- Feta cheese (½ cup)
- Plain low-fat yogurt (2 cups)
- Butter (1 tablespoon)
- 🍷 Cheddar cheese, shredded (½ cup)
- 🍷 Skim milk (¼ to ¾ cup)

Meat and Alternatives:

- Pork tenderloin (2 pounds)
- Ground beef chuck (1 pound)
- Boneless skinless chicken breasts (8, totaling 3 pounds)

Produce:

- Sun-dried tomatoes, oil packed or dehydrated (10)
- Red bell pepper (1)
- Green bell pepper (2)
- Onions (2)
- Garlic (5 cloves)
- Cucumber (2)
- Celery (7 stalks)
- Mixed greens (two 10-ounce packages)
- Lemon (½)
- Baby carrots (1 pound)
- 🍷 New potatoes (3)
- 🍷 Avocado (2)
- 🍷 Cherry tomatoes (2 pints)

- 🍷 Green beans (1 cup)
- 🍷 Red grapes (2 cups)
- 🍷 Bananas (2)

Frozen Foods:

- Frozen sliced carrots (2 cups)
- 🍷 Frozen corn (3 to 4 cups)
- 🍷 Chicken stock (6 cups)

CHECK YOUR PANTRY FOR:

Condiments and Dressings:

- Honey Dijon mustard (1 tablespoon)
- Light mayonnaise (1 tablespoon) (optional)
- Black olives (½ cup)
- Red wine vinegar (1 tablespoon)
- 🍷 Balsamic vinegar (1 tablespoon)
- 🍷 Salsa (18-ounce jar)

Cooking Oils:

- Olive oil (¼ cup)

Pastas and Tomato Products:

- Chopped tomatoes (two 19-ounce cans)
- Unsalted tomato paste (6-ounce can)

Canned Beans and Soup Broths:

- Red kidney beans (19-ounce can)


Spices and Seasonings:

- Bay leaf (1)
- Chile powder (2 tablespoons)
- Dried rosemary (1 teaspoon)
- Dried oregano (2 tablespoons)
- Garlic powder (1 teaspoon)

KEY: 🍷 denotes Second Supper or Grab & Go Lunch items




SHOPPING LIST

- Ground cumin (1 teaspoon)
-  Dried thyme (1 teaspoon)


Grains:

- Quinoa or tiny pasta (1 cup)

Juices:

-  Any 100% juice (4 single-serving boxes)

Notes:

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