GROCERY LIST

CONSOLIDATED SHOPPING LIST FOR 19 RECIPES

PRODUCE

- [ ] Apples - 10 total: 1 Fuji, 4 Granny Smith, 2 Gala, 3 any variety
- [ ] Lemons - 3
- [ ] Sweet potatoes - 3
- [ ] Roma or medium tomatoes - 3
- [ ] Cherry or grape tomatoes - 1 pint
- [ ] Red onions - 2
- [ ] Yellow or white onion - 1
- [ ] Shallot - 1
- [ ] Garlic - 9 cloves
- [ ] Zucchini - about 3 lb. (approximately 5 medium)
- [ ] Asparagus - 1 lb.
- [ ] Red bell pepper - 1
- [ ] Celery - 1 rib
- [ ] Green cabbage - 1 small head
- [ ] Red cabbage - 1 medium head
- [ ] Mixed berries - 3 cups (about 1 1/2 pints)

FRESH HERBS

- [ ] Fresh basil - about 2 1/4 cups (2 large bunches)
- [ ] Fresh sage - 1 Tbsp.
- [ ] Fresh cilantro - about 1 1/8 cups (2 bunches)
- [ ] Italian flat-leaf parsley - 2 bunches
- [ ] Scallions - 7
- [ ] Fresh dill - 1 bunch

MEAT

- [ ] Boneless skinless chicken breasts - approximately 8 lb.
- [ ] Ground chicken - 1 lb.
- [ ] Pork loin - 2 lb.
- [ ] Turkey bacon - 3 slices

DAIRY & REFRIGERATED

- [ ] Eggs - 12
- [ ] Fat-free skim milk - 2 1/8 cups
- [ ] Almond milk - 1 1/2 cups
- [ ] Fat-free plain Greek yogurt - 1 3/4 cups (buy one 16-oz tub)
- [ ] Light or fat-free mayonnaise - 5/6 cup (buy one jar)
- [ ] Fat-free sour cream - 1/4 cup
- [ ] Unsalted butter - 1 Tbsp.
- [ ] Part-skim mozzarella - 1 cup (about 4 oz.)
- [ ] Grated Parmesan - 1/2 cup plus 1 Tbsp.
- [ ] Feta - 1/2 cup
- [ ] Fat-free cottage cheese - about 22 oz. (buy 24 oz.)
- [ ] Sharp or light cheddar - 1 3/4 cups (about 7 oz.)
- [ ] Reduced-fat Mexican-style cheese - 2 cups (8 oz.)

Quantities are consolidated and rounded to practical purchase sizes.

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CANNED, JARRED & FROZEN

- [ ] Diced tomatoes - 1 can
- [ ] Mexican-style stewed tomatoes - 1 can (14 1/2 oz.)
- [ ] Tomato sauce - 8 oz.
- [ ] Marinara or low-fat pizza sauce - 1/2 cup
- [ ] Black beans - 4 cans
- [ ] Cannellini beans - 4 cans
- [ ] Salsa - 1 3/4 cups (one 16-oz jar)
- [ ] Chicken broth - 3/4 cup
- [ ] Corn - about 3 cups (two 15-oz cans or one frozen bag)
- [ ] Roasted red peppers - 1 cup (one jar)
- [ ] Apple cider - 1/2 cup
- [ ] Prepared pesto - 1/3 cup (use the homemade pesto recipe)

BREAD, PASTA & GRAINS

- [ ] Low-carb tortillas - 8
- [ ] Medium whole-wheat tortillas - 4
- [ ] Large fat-free flour tortillas - 4
- [ ] Linguine - 8 oz.
- [ ] Old-fashioned rolled oats - 2 1/4 cups
- [ ] Apple-cinnamon instant oatmeal - 2 packages
- [ ] Self-rising flour - 1/3 cup
- [ ] Whole-wheat panko breadcrumbs - 3/4 cup
- [ ] Italian-seasoned breadcrumbs - 1/2 cup

BAKING, CONDIMENTS & SEASONINGS

- [ ] Cooking spray - 1 can
- [ ] Syrup
- [ ] Granulated sugar
- [ ] Brown sugar - 1/4 cup
- [ ] Espresso powder - 2 Tbsp.
- [ ] Apple pie spice
- [ ] Ground cinnamon - 2 tsp
- [ ] Crystallized ginger - 1 1/2 Tbsp.
- [ ] Pine nuts - 2 Tbsp.
- [ ] Sunflower seeds - 2 Tbsp.
- [ ] Chopped pecans - 1/3 cup
- [ ] Apple cider vinegar - 5 Tbsp.
- [ ] Red wine vinegar - 2 Tbsp.
- [ ] Balsamic vinegar - 1 tsp
- [ ] Olive oil - at least 2 Tbsp.
- [ ] Canola oil - 2 Tbsp.
- [ ] Honey - 1 Tbsp.
- [ ] Ranch seasoning - 1 Tbsp.
- [ ] Chili powder - 1 1/2 tsp
- [ ] Dried oregano - 1/2 tsp
- [ ] Italian seasoning - 1/4 tsp
- [ ] Garlic powder - 1/2 tsp
- [ ] Caraway seeds - 1/2 tsp
- [ ] Baking powder - 1 tsp
- [ ] Vanilla extract - 1 tsp
- [ ] Kosher or table salt
- [ ] Black pepper

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