

Grocery Shopping List – Week 1

**does not include common pantry staples, including spices, sugars, oil

Produce

- 1 onion
- 3 cups fresh spinach
- 1 cucumber
- ½ small lemon
- 1 medium apple
- ½ cup coleslaw mix
- 2 medium zucchini
- 1 bell pepper
- 1 sweet potato
- 1 lb asparagus
- 1 pint cherry tomatoes

Dairy

- 2 ½ cup shredded cheddar cheese
- 1 small container plain Greek yogurt
- 1 cup skim milk
- 2 oz sliced cheddar cheese
- 1 ½ cup shredded mozzarella cheese

Center Aisles

- 2 (15oz) can no-salt-added black beans
- 1 (10oz) can tomatoes with green chilies
- 1 ½ Old fashioned oats
- 2 cups brown rice

2 sheets nori

3 tbsp lite soy sauce

1 tbsp rice vinegar

1 ½ cups marinara sauce

1 cup salsa

¼ cup pesto

8 oz whole wheat egg noodles

2 cups chicken broth

17 whole wheat tortillas

Meat/Protein

1 dozen eggs

2.5 lbs ground turkey

1 cup real or imitation crab

4oz deli reduced sodium turkey

¼ cup turkey pepperoni

8 chicken breast

4 salmon fillets

Frozen

16oz pkg broccoli florets