

Grocery Shopping List – Week 3

**does not include common pantry staples, including spices, sugars, or oil. Some fresh vegetables could be replaced with frozen, depending on recipes for that week.

Produce

- 8 bell pepper
- 1 $\frac{3}{4}$ cup fresh spinach
- 2 onions
- 6-9 cups Romaine lettuce
- 1 pint cherry tomatoes
- 2 potatoes
- $\frac{1}{2}$ lb Brussel Sprouts
- 3 radishes
- 1 cup sugar snap peas
- 1 small carrot
- 1 lemon
- $\frac{1}{2}$ tsp ginger
- $\frac{1}{4}$ cup sliced mushrooms, fresh or canned
- 1 bunch green onion
- 3 cloves garlic
- $\frac{1}{2}$ head cabbage
- 1 bottle yogurt Caesar dressing

Dairy

- $\frac{1}{4}$ cup skim milk
- 1 oz shredded cheddar cheese
- 2 cups nonfat vanilla Icelandic Skyr or Greek yogurt
- 1 cup fresh fruit – for yogurt parfait
- 1 $\frac{1}{2}$ cups shredded Cheddar or Mexican cheese

3 oz shredded Parmesan cheese

Center Aisles

1 cup quinoa

1 (15oz can) no-salt-added black beans

1 ½ cups red enchilada sauce

2 (14.5oz each) cans no-salt-added diced tomatoes

2 (8oz each) no-salt-added tomatoes sauce

1 cup reduced sodium broth

1 pkg instant ramen

½ cup apple juice

¼ cup apple cider vinegar

2 (8oz) pkg ready to microwave whole-grain rice

¼ cup granola

¼ cup salsa

2 tbsp Dijon mustard

1 tbsp horseradish

6 oz whole wheat pasta, spiral or penne

Meat/Protein

2 (6oz each) tilapia fillets

2 lbs 93/7 ground beef

7 eggs

1 ½ lbs 99% fat free ground turkey

3 chicken breasts

1 (2 lb) pork loin

Frozen

1 (32oz) pkg frozen mixed vegetables, oriental or stir fry