

Week 2 Shopping List

Pantry Items		Fresh Produce	
	Amount		Amount
Broth, prganic vegetable	8 c.	Apple, green	1 medium
Extra virgin olive oil	Varies	Arugula, baby	3 c.
Flour, coconut	2 T.	Avocados	2 medium
Honey	6 T.	Bell pepper, green	1 medium
Mustard, Dijon	1 T.	Bell pepper, red	4 medium
Oil, sesame	3 T.	Bell pepper, yellow	2 medium
Pasta, Ditallini or elbow	3/4 c. uncooked	Celery	3 stalks
Peanut butter, sugar-free	1 1/4 c.	Garlic	2 medium heads
Pecans	1/2 c.	Grapefruit	1 medium
Quinoa	1 c. uncooked	Grapes, green seedless	1 c.
Rice noodles	1 14-oz. package	Kiwi	1 medium
Soy sauce (or coconut aminos)	1/3 c.	Lemon (for zest and juice)	2 large
Sriracha sauce	1-2 T.	Lime (for juice)	1 medium
Tomato paste	2 T.	Mushrooms, white	2 8-oz. containers
Tomato sauce, marinara	2 c.	Onion, yellow	3 medium
Vanilla extract	1 t.	Onions, green	1 bunch
Vinegar, red wine	1/3 c.	Orange, blood	1 medium
		Oranges (for zest and juice)	2 medium
		Potato, Russet	1 large
		Potatoes, sweet	6 medium
		Tomatoes, red	5 medium
Canned Goods		Fresh Herbs	
	Amount		Amount
Beans, black	5 15-oz. cans	Cilantro	1 bunch
Beans, cannellini	1 15-oz. can		
Green chilis, mild	2 4-oz. cans	Dried Herbs & Spices	
Refrigerated Items			Amount
	Amount		Amount
Cheese, sharp cheddar, shredded	2 c.	Basil, dried	varies
Cheese, Monterey Jack, shredded	1/2 c.	Black pepper	varies
Cheese, Parmesan, hard	3" section	Cayenne pepper	varies
Eggs	2	Chili powder	varies
Sour cream	1/2 c.	Cumin, ground	varies
Yogurt, Greek or non-dairy	1/3 c.	Garlic powder	varies
Baked Goods		Onion powder	varies
	Amount	Oregano, dried	varies
Tortillas, flour	8 large	Paprika, smoked	varies
Bread, Italian (optional)	1 loaf	Red pepper flakes, crushed	varies
Frozen Items		Rosemary, dried	varies
	Amount	Sea salt	varies
Broccoli florets	1 16-oz. bag	Thyme, dried	varies
Sweet corn	1 16-oz. bag		