

# Week 3 Shopping List

Pantry Items		Fresh Produce	
	Amount		Amount
Baking soda	2 t.	Apples, honeycrisp (or similar)	2 medium
Broth, organic vegetable	13 1/2 c.	Arugula, baby	2 c.
Flour, all-purpose	3 1/2 c.	Avocado	4 large
Honey	1 T.	Beets, red	4 medium
Mustard, Dijon	2 t.	Bell peppers, red	5 medium
Nuts, pecans	1/4 c.	Chives (optional)	1 bunch
Nuts, walnuts	1/2 c.	Fennel	1/2 small bulb
Oats, old-fashioned rolled	2 c.	Garlic	2 heads
Oil, avocado	1 c.	Leeks	4
Oil, extra virgin olive	Varies	Lemon, lemon (juice + zest)	1 large
Pasta, fettuccine noodles	1 16-oz. box	Lime (juice + zest)	3 medium
Pasta, macroni noodles	1 16-oz. box	Mixed salad greens	2 c.
Pasta, penne	1 16-oz. box	Onion, red	1 small
Quinoa	1 c. uncooked	Onion, yellow	1 medium
Sugar, white	2 1/2 c.	Onions, green (optional)	1 bunch
Syrup, Maple	1 T.	Orange, organic (juice + zest)	3 large
Tomato paste	6 T.	Potatoes, russet	2 lbs.
Vinegar, balsamic	1/4 c.		
Canned Goods		Fresh Herbs	
	Amount		Amount
Beans, black, refried	2 15-oz. cans	Basil, chopped	1/2 c.
Beans, red kidney	2 15-oz. cans	Cilantro	1 bunch
Pumpkin, pure	1 15-oz. can	Parsley	1 small bunch
Tomatoes, diced	1 15-oz. can	Thyme	3 sprigs
Tomatoes, diced, fire-roasted	1 14.5 oz. can		
Refrigerated Items		Dried Herbs & Spices	
	Amount		Amount
Butter, unsalted	1 c.	Bay leaf	varies
Cheese, 4-cheese Mexican blend, shredded	2 c.	Black pepper	varies
Cheese, cream, softened	8 oz.	Cayenne pepper	varies
Cheese, goat, softened	12 oz.	Chili powder	varies
Cheese, Gruyere, shredded (optional)	1/4 c.	Cinnamon	varies
Cheese, Parmesan, freshly grated	1 c.+	Cloves	varies
Cheese, sharp cheddar, shredded	2 1/2 c.	Cumin, ground	varies
Cream, heavy	3/4 c.	Ginger, ground	varies
Eggs	4 large	Nutmeg	varies
Half & half (not low fat)	1 1/4 c.	Paprika	varies
Milk, almond	2 c.	Red pepper flakes, crushed	varies
		Sea salt	varies
		Taco seasoning	varies
Baked Goods		Frozen Items	
	Amount		Amount
Tortillas, flour	20 6-inch	Broccoli florets	1 12 oz. bag
Bread, French (optional)	1 loaf	Sweet corn	1 12-oz. bag