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Common ingredients in this planner are baby spinach, feta cheese, fresh basil, fresh corn, pita bread, and tomatoes.

SHOPPING LIST

produce

- English cucumber, 1
- fresh baby spinach, 1 bag
- fresh basil
- fresh cilantro
- fresh corn, 12 ears
- fresh dill
- fresh flat-leaf parsley
- fresh mint
- fresh okra, 3.5 ounces
- fresh oregano
- garlic green onions
- large fresh tomatoes, 3
- lemons, 4 lime, 1
- onion, 1 pico de gallo, 1 cup
- plum tomatoes, ½ pound
- red bell pepper, 1
- red onion, 1
- romaine lettuce, 6 cups

meat/fish/poultry

- bacon, 8 ounces
- chicken breast tenders, 1½ pounds
- lean ground lamb, 2 pounds
- peeled and deveined large shrimp, 1¼ pounds
- skirt steak, 1 pound
- thinly sliced deli, lower-sodium turkey breast, 8 ounces

dairy

- butter
- Cotija cheese, 4 ounces

- fat-free sour cream, 6 ounces
- feta cheese, 4.5 ounces
- large eggs
- plain 2% reduced-fat Greek yogurt, 8 ounces
- reduced-fat feta cheese, 3 ounces

freezer

- frozen artichoke hearts

staples

- 10-grain whole-grain pancake and waffle mix
- black beans, 1 (15-ounce) can
- canola mayonnaise
- chickpeas, 1 (16-ounce) can
- chipotle chiles in adobo sauce, 1 (7-ounce) can
- ground cumin
- light ranch dressing
- red wine vinegar
- salt-free fiesta-lime seasoning
- smoked paprika
- toasted pine nut couscous, 1 (5.6-ounce) package
- whole-wheat pitas, 3
- yellow cornmeal

miscellaneous

- club soda
- tahini (roasted sesame seed paste)