**Grocery List for Week of Oct 7, 2012**

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| **Fresh:**  Blueberries, strawberries  Bananas  Oranges  Pear  Snap peas  Yellow squash  Avocado  Tomatoes  2 zucchini  Lettuce and spinach  Cucumber  Shredded carrots  1/2 head red cabbage  1/2 head Savoy cabbage  ½ head cauliflower  Kale  Shallots, garlic  Celery  Onions, red and yellow  Green onion  1 large Yukon gold potato  **Herbs:**  Basil  Bay leaves  Parsley  **Meat:**   4 chicken breasts   40 oz ground meat (2 recipes)   Olive oil  Bacon  1 pkg breakfast sausage | **Bulk:**  2 tablespoons sunflower seeds  1/3 c. chopped pecans or walnuts  1 c. chopped dried cranberries  Ginger powder  Black rice  Soy sauce  1 cup dark chocolate morsels  **Canned, Boxed, Jarred:**  Apple juice  Tomato paste  56 oz plum tomatoes  2 cans evaporated skim milk  Chicken broth  3 15-ounce cans white beans  1 can black beans 1 can fire roasted tomatoes  Peanut butter      **Frozen:**  Corn  Smoothie fruits | **Dairy:**  Milk  Butter  Eggs  Yogurts : Pomegranate, honey, plain  Soy, almond or rice milk  **Cheese/Deli:**  Bagels  Prosciutto  Shredded cheese  Parmesan cheese  Whole-wheat wraps or tortillas  **Other:**  Children’s vitamins  100 mg Vit C   |