**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 |