

Grocery List for Week of Oct 7, 2012

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
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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
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