

**YOU NEED:**

**Baked goods:**

- Whole wheat pita bread (8)
- 🍳 Whole wheat tortillas (10)
- 🍳 Corn tortillas (4)
- 🍳 Whole-grain bread (1 loaf)

**Dairy:**

- Soft chèvre (6 ounces)
- Feta cheese (½ cup)
- Plain low-fat yogurt (2 cups)
- Butter (1 tablespoon)
- 🍳 Cheddar cheese, shredded (½ cup)
- 🍳 Skim milk (¼ to ¾ cup)

**Meat and Alternatives:**

- Pork tenderloin (2 pounds)
- Ground beef chuck (1 pound)
- Boneless skinless chicken breasts (8, totaling 3 pounds)

**Produce:**

- Sun-dried tomatoes, oil packed or dehydrated (10)
- Red bell pepper (1)
- Green bell pepper (2)
- Onions (2)
- Garlic (5 cloves)
- Cucumber (2)
- Celery (7 stalks)
- Mixed greens (two 10-ounce packages)
- Lemon (½)
- Baby carrots (1 pound)
- 🍳 New potatoes (3)
- 🍳 Avocado (2)
- 🍳 Cherry tomatoes (2 pints)

- 🍳 Green beans (1 cup)
- 🍳 Red grapes (2 cups)
- 🍳 Bananas (2)

**Frozen Foods:**

- Frozen sliced carrots (2 cups)
- 🍳 Frozen corn (3 to 4 cups)
- 🍳 Chicken stock (6 cups)

**CHECK YOUR PANTRY FOR:**

**Condiments and Dressings:**

- Honey Dijon mustard (1 tablespoon)
- Light mayonnaise (1 tablespoon) (optional)
- Black olives (½ cup)
- Red wine vinegar (1 tablespoon)
- 🍳 Balsamic vinegar (1 tablespoon)
- 🍳 Salsa (18-ounce jar)

**Cooking Oils:**

- Olive oil (¼ cup)

**Pastas and Tomato Products:**

- Chopped tomatoes (two 19-ounce cans)
- Unsalted tomato paste (6-ounce can)

**Canned Beans and Soup Broths:**

- Red kidney beans (19-ounce can)


**Spices and Seasonings:**

- Bay leaf (1)
- Chile powder (2 tablespoons)
- Dried rosemary (1 teaspoon)
- Dried oregano (2 tablespoons)
- Garlic powder (1 teaspoon)

**KEY:** 🍳 denotes Second Supper or Grab & Go Lunch items




# SHOPPING LIST

- Ground cumin (1 teaspoon)
-  Dried thyme (1 teaspoon)


**Grains:**

- Quinoa or tiny pasta (1 cup)

**Juices:**

-  Any 100% juice (4 single-serving boxes)

**Notes:**

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