

Grocery List #1

Produce

- At least 5 servings of favorite fruits (per person you're feeding)
- At least 2 bananas (per person you're feeding)
- 1 Pear (per person you're feeding)
- 16 or 32 oz bag baby carrots
- 1 serrano chile
- 5 heads of garlic
- 2 heads broccoli
- 1 lb asparagus (if not fresh, get 1 lb bag of frozen asparagus tips)
- 2-1/2 lbs collard greens
- 1 bottle favorite BBQ sauce (to go with meatloaf)
- 10 oz white pearl onions
- 2 lbs green beans
- 1 bunch Kale

Deli, Bakery

- 1 loaf whole wheat bread
- 1 package whole wheat buns or rolls

Fish, Seafood

- 2 lbs frozen jumbo shrimp (I get the ones without veins and tails)

Meat

- 1 whole chicken or equivalent parts
- 1 or 2 lbs ground beef (small family, go for just 1 lb ... bigger family, go for 2 lbs)

Non-Refrigerated Packaged Goods

- Your favorite coffee beans or grounds
- Your favorite loose tea or tea bags
- 1 box whole grain cereal (steel cut oats, Kashi, Wheaties, Grape Nuts, Wheat Chex, etc.)
- 1 jar honey
- 1 small bottle vanilla extract
- 16 oz of nuts (almonds, hazelnuts, pecans, etc.)

- 1 jar soy nut butter (or peanut butter)
- 1 jar favorite jelly, naturally sweetened

1 jar unsweetened applesauce
1 box Kosher salt
1 bottle red wine vinegar
1 bottle extra virgin olive oil
1 bottle balsamic vinegar
1 bottle canola oil
Black pepper
1 box whole wheat macaroni pasta (recommend Ronzoni Healthy Harvest, Eden Organic, or Bionature -- other brands taste metallic)
1 bag uncooked brown rice (don't get the instant kind)
1 box cornstarch
1 jar nutmeg
1 jar red chili flakes
1 jar dried parsley
1 bag sugar
1 can green chiles
1 box cornmeal (different than cornstarch)
1 can cream corn
1 box baking soda
1 can baking powder
1 bottle sesame oil
16 oz pearl barley
1 qt box of chicken or vegetable stock (may want 2 boxes)
1 jar olive tapenade
1 tub vanilla meringue cookies

Dairy

1 gallon Fat-free milk or vanilla soy milk
16 oz (per person) Plain, low-fat yogurt
1 container hummus
1 bottle lemon juice (8 oz or more)
1 bottle lime juice (get smallest you can find)
8 oz Sharp cheddar cheese
6 oz Gouda cheese
1 box containing four sticks of unsalted butter
8 oz buttermilk
1 dozen eggs

Frozen

3 bags or boxes unsalted frozen mixed vegetables (I usually go for the carrot, peas, onions one -- but whatever you like in fried rice will work)
1 bag or box frozen corn

1 small bag individually wrapped frozen tilapia fillets, US-farm raised if possible

Wine, Alcohol

If you drink and are over 21, choose your favorite, enough for one drink per day

Grocery List #2

Produce

- 1 white or yellow onion
- 1 pineapple (if not available fresh, go with canned, unsweetened syrup)
- 12 plum tomatoes
- 1 small shallot
- 1-1/2 lbs sweet potatoes
- 1 banana
- 1 orange
- 1-1/2 lbs baby spinach leaves

Fish, Seafood

- 1 Mahi-mahi fillet per person

Meat

- 1 center cut pork chop per person

Non-Refrigerated Packaged Goods

- 1 bag unbleached all-purpose flour
- 1 jar macadamia nuts
- 1 bottle rice vinegar
- 1 bottle tamari or regular soy sauce
- 1 jar cayenne pepper
- 1 jar dried thyme
- 1 bottle Dijon mustard
- 1 qt box chicken stock
- 1 box brown sugar

Dairy

- 1 small chunk of parmesan cheese (only need 2 Tbl)

Frozen

- 1 can frozen pineapple concentrate

NOTE: You may need to pick up another loaf of whole wheat bread and a head or two of garlic

