

Grocery Shopping List – Week 2

**does not include common pantry staples, including spices, sugars, or oil. Some fresh vegetables could be replaced with frozen, depending on recipes for that week.

Produce

- 1 banana
- ½ cup fresh or frozen blueberries
- 1 sweet potato
- 1 red onion
- 3 white onions
- 6 cloves garlic
- 1 tbsp ginger
- ¼ cup shredded carrots
- 3 bell pepper
- ½ cup fresh spinach
- 1 (2-3lb) spaghetti squash
- 1 medium zucchini
- 1 lb asparagus

Dairy

- 2 cups cottage cheese
- 1 cup shredded cheddar cheese

Center Aisles

- 1 cup no sugar added canned peaches
- 1 tbsp ground flaxseed
- 1 cup oats
- 2 cups no salt added canned black beans
- ½ cup nut butter
- 1 ¼ cup enchilada sauce

1 (4oz) can green chilies
½ cup soy sauce
2 tablespoon cornstarch
2 tablespoons sriracha
1 (15oz) can pinto beans
1 (15oz) can garbanzo beans
1 (15oz) can no-salt-added black beans
1 (15oz) can kidney beans
1(15oz) can no-salt-added corn
2 (10oz each) canned diced tomatoes with green chilies (rotel)
1 (14.5oz) can reduced sodium beef broth
1 package reduced sodium taco seasoning
1 package dry ranch
1 ½ cups long grain rice
1 (14.5oz) can no-salt-added diced tomatoes
½ cup reduced sodium vegetable stock

Meat/Protein

4 eggs
1 lb 93/7 ground beef
4 chicken breast
1 lb raw shrimp
1 (3-4lb) whole chicken or 4 chicken quarters

Frozen

1 bag frozen stir-fry vegetables