

Grocery Shopping List – Week 4

**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

Green onion

Fresh or ground ginger

Cabbage

1 lime

2 potatoes

1 medium zucchini

4 medium carrots

Shredded carrots

Extra firm tofu

2 lb. asparagus

Swiss chard

3 onions

Cilantro

1 head Romaine lettuce

Celery

Toppings of choice for hummus breakfast tacos

½ cup soft tofu

3 medium sweet potatoes

2 red bell peppers

Dairy

100% orange juice

1 cup skim milk

2 cups plain fat free Greek yogurt

½ cup Mexican shredded cheese or any variety

1 cup hummus

Center Aisles

Spiral pasta

Pesto

Brown rice

Rice wine vinegar

1 ½ cups no-salt-added beef broth

Worcestershire sauce

6 cups low sodium vegetable broth

2 (15oz each) cans fire-roasted diced tomatoes

1 (16oz) can kidney beans

1 (15oz) can chickpeas

Apricot preserve

Honey

Soy sauce

Hot sauce

Blue cheese or ranch dressing

Peanut butter

Chia seeds – optional

Cocoa powder

2 packages low sodium taco seasoning

1 (15oz) can no-salt-added black beans

Salsa

16 whole wheat tortillas

Meat/Protein

3 lb bottom round roast (or roast of choice)

4 boneless, skinless chicken breasts

2 pounds peeled and deveined shrimp

8 large eggs