

# Week 1 Shopping List

PRODUCE	MEAT & DAIRY	DRY GOODS	CANNED/SHELF STABLE/FROZEN
Zucchini (M, W, Sa)	Greek yogurt (Th, D)	GF all-purpose flour (Sa)	Chickpeas (W)
Tomatoes (M, W, F, Sa, Su)	Feta cheese (W)	Corn tortillas (M, Tu, F, Sa, Su)	Cannellini beans (M, Th)
Bell peppers (Tu, Su)	Whole chicken (W)	Pre-cooked white corn meal (for arepas) (M)	Black beans (Tu, Sa)
Red bell pepper (W)	Eggs (M, W, F, Sa, Su)	Almonds (Tu)	Corn (Tu)
Broccoli (W, Su)	Boneless chicken breasts (Tu, Th, F)	Brown Rice (Tu, W, Su)	Navy beans (Th)
Avocado (Th, Sa)	Shredded cheese (M, W, F, Su)	GF granola (Th)	Chickpeas (Th)
Brussel sprouts (F)	Tilapia (Sa)	Quinoa (Sa)	Diced green chiles (Th)
Banana (Th, Sa)	Salmon (M)	GF panko (Tu)	Kidney beans (M)
Onions (M, Tu, W, Th, F, Sa, Su)	Milk (Tu, Sa)	GF pasta (M)	Crushed tomatoes (F)
Berries (Tu, D)	Lean ground beef (F, Su)	GF crackers (M)	Fire roasted tomatoes (M)
Limes (Tu, Th)	Fontina cheese (F)	GF oats (Tu, Sat)	Tomato soup (S)
Spaghetti squash (F)		Beans (Tu, Sa)	
Spinach (M, Sa)			
Green beans (W, Th)			
Mushrooms (F, Su)			
Cauliflower (Th, Sa)			
Green chiles (Tu)			
Arugula (M, F)			
Celery (Tu, F)			
Apple (Su)			
Cilantro (Th)			
Carrots (Th)			
Oranges (Su)			
Basil (M)			
Potatoes (Th)			
Shallot (F)			

**Miscellaneous:** Tomato paste, vegetable broth, coconut aminos, fish sauce, sesame oil, rice vinegar, red wine vinegar, apple cider vinegar, salsa, honey, walnuts, maple syrup, sugar, mustard, ketchup, mayonnaise, Kalamata olives, capers, GF chicken stock, GF salad dressing or [make your own vinaigrette](#), avocado oil, olive oil, GF BBQ sauce, cinnamon, GF taco seasoning, salt, paprika, fresh rosemary, turmeric, cardamom, chili powder, cumin, smoked paprika, dried basil, rosemary, oregano, parsley flakes, garlic powder, ginger powder, cloves, black pepper, bay leaf, allspice, nutmeg, vanilla extract.