

Week 2 Shopping List

PRODUCE	MEAT & DAIRY	DRY GOODS	CANNED/SHELF STABLE/FROZEN
Zucchini (M, Th)	Greek yogurt (W)	GF all-purpose flour (Su)	Tomato sauce (M, F)
Tomatoes (M, W, F, Sa, Su)	Eggs (M, Tu, W, Th, F, Sa, Su)	Corn tortillas (M, Tu, W, Sa, Su)	Canned chipotles (W, F) (confirm GF status)
Red, and any color bell peppers (Th, Sa)	Parmesan cheese (W)	Arborio rice (W)	Black beans (Th)
Green cabbage (M, W)	Greek yogurt (Th)	Peanuts (Tu)	Kidney beans (Th)
Avocado (Tu, W)	Shredded cheese (M, W, Th, F, Su)	Brown Rice (M, Th, F, Sa, Su)	Salsa (W)
Sweet potato (W, F)	Tilapia or Cod (Tu)	GF granola (W)	Chicken stock (Su)
Banana (W, Sa)	Salmon (Th)	Long grain rice (Su)	Coconut milk (M)
Onions (M, Tu, W, Th, F, Sa, Su)	Milk (M, Tu, Su)	Black Beans (Th)	Tomatoes (M)
Red onion (Tu, W)	Lean ground beef (M, F)	Kidney beans (Th)	Tomato puree (Th)
Broccoli (F, Sa, Su)	Boneless chicken breast (W, F, Su)		Chicken broth (Th)
Limes (Tu, Th)	Sour cream (Tu, W, F)		Brown rice flour (Su)
Mango (Tu)	Buttermilk (Su)		Frozen mixed vegetables (Su)
Spinach (Tu, W, Sa)	Ice cream (D)		
Green beans (M, Sa, Su)	Queso fresco (W)		
Mushrooms (M, Tu, Su)	Tofu (Tu, Sa)		
Cauliflower (M, Th, Sa)			
Green chiles (M, Tu)			
Potatoes (Th, Sa, Su)			
Squash (Tu)			
Pineapple (Tu)			
Bean sprouts (Tu)			
Carrots (M, Sa)			
Berries (Su)			
Apples (D)			
Garlic (M, Su)			
Ginger (M)			
Scallions (T, F, Sa)			
Cilantro (Tu, Th, Sa)			
Shallots (W)			
Parsley (Su)			
Jalapeño (Tu)			

Miscellaneous: Corn starch, tomato paste, GF teriyaki sauce, tamarind, salsa, honey, maple syrup, sugar, fish sauce, mustard, ketchup, mayonnaise, roasted salted peanuts, chopped pecans, GF bread/corn tortillas, curry powder, cinnamon, chili powder, cayenne pepper, cumin, coriander powder, GF taco seasoning, ginger, salt, paprika, turmeric, cardamom, dried basil, rosemary, oregano, parsley flakes, black pepper, allspice, nutmeg, dry mango powder, GF salad dressing or [make your own vinaigrette](#), olive oil, white wine vinegar.