

Week 4 Shopping List

PRODUCE	MEAT & DAIRY	DRY GOODS	CANNED/SHELF STABLE/FROZEN
Avocado (Tu, Sa, Su)	Bacon (Th, F)	Cocoa (dessert)	Beans (Tu, Su)
Bananas (M,Th)	Butter (W, Th, dessert)	GF Bread (M, Tu)	Corn (Sa)
Broccoli (W,Sa)	Shredded Cheese (Tu, Th, F, Su)	GF Cracker (M)	Lentil Soup (W)
Bell Peppers (F, Sa, Su)	Shredded Monterey Jack cheese (Su)	GF Flour (Sa, dessert)	Pesto (Th)
Carrots (M)	Sliced Cheese (Sa)	GF Oatmeal (W)	Tomato juice (Tu)
Celery (M)	Chicken Breast (M, Th, F, Sa)	GF Spiral pasta (Tu)	Tomato paste (Tu, Su)
Cucumber (Su)	Eggs (T, F, Sa, Su, dessert)	Corn Tortillas (Tu, Th)	Chicken or Vegetable stock (W)
Cauliflower (F, Su)	Lean ground beef (T, Sa)	Almond butter (Th)	Chicken broth (Th)
Lemon (W)	Ground beef or lamb (Su)	Rice (Tu)	Can diced tomatoes (W)
Lettuce (Tu, Th, Sa,Su)	Greek yogurt Vanilla (Su)	Brown rice (W)	Beef stock (Su)
Limes (M, F)	Milk (W, Th, Sa)	Xanthan gum (dessert)	
Mushroom (F,Su)	Salmon (W)	Quinoa (M, Su)	
Scallions (F)	Sour Cream (W, Th, F)	Lentils (W)	
Spinach (F, Sa)	Yogurt (Sa)	Asian rice noodles (F)	
Onion (M, F, Su)	Reduced fat ricotta cheese (Su)	GF hamburger buns (Sa)	
Oranges (Su)		Beans (Tu, Su)	
Tomato (Tu, Th, Sa, Su)			
Peas (W)			
Potatoes (Th, Su)			
Scallions (Th,F)			
Zucchini (M, F)			
Apple (W)			
Berries (Sa)			

Miscellaneous: Salsa, honey, maple syrup, sugar, mustard, ketchup, mayonnaise, cornstarch, GF Worcestershire sauce, arrowroot powder, vanilla, peanut butter, GF salad dressing or [make your own vinaigrette](#), cinnamon, salt, paprika, oregano, chili powder, black pepper, garlic powder, parsley, bay leaves, thyme, allspice, nutmeg.