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TEAR OFF FOR A FRIEND!

## GROCERY LIST

### Staples

- 1 Tbsp. butter (3)
- 1 Tbsp. butter or coconut oil (2S)
- 1/2 cup + 6 Tbsp. extra virgin olive oil (1) (1S) (2) (3) (3S) (4)
- 1/8 cup + 2 Tbsp. balsamic vinegar (1) (2)
- 1/8 cup raspberry or balsamic vinegar (4)

- 2 Tbsp. reduced-fat mayonnaise (1S)
- 1/3 cup honey (2S)
- 2 tsp. + 1 Tbsp. minced garlic (1) (1S) (3)
- 1/4 cup panko or traditional bread crumbs (3)
- 1/3 cup natural peanut butter or other nut butter (2S)

### Spices

- 3/4 tsp. salt (1) (1S) (3)
- 1/4 tsp. kosher salt (3S)
- \* 1/4 - 1/2 tsp. salt-free lemon pepper seasoning (*optional*) (3S)

- 1/4 tsp. black pepper (3) (3S)
- 1/4 tsp. ground cinnamon (4)
- 1/2 tsp. chili powder (1)

### Meat and Fish

- 1 1/2 cups cooked chicken strips or 15 oz. canned chickpeas (4)
- 1 lb. large shrimp, peeled and deveined (3)
- 1 lb. boneless steak (1)

### Refrigerated/Frozen Section

- 1/3 cup crumbled goat cheese (4)
- 3 Tbsp. herbed or plain goat cheese (1)

- \* 2 Tbsp. grated Parmesan cheese (*optional*) (3)
- 1 pkg. low fat breadsticks (bake-at-home), such as Pillsbury (4S)

### Produce

- 1 shallot (4)
- 1/4 white onion (1S)
- 1/2 red onion (2)
- 6 plum or Roma tomatoes (2)
- 1 cup cherry tomatoes (3)
- 1 pint grape or cherry tomatoes (4)
- 6 oz. baby greens (4)
- \* 1/2 cup fresh cilantro or flat-leaf parsley (*optional*) (2)
- 3 Tbsp. fresh flat-leaf parsley (3)

- 1/2 - 1 cup fresh parsley or cilantro (1S)
- 1 lb. asparagus (3S)
- 1 1/2 - 2 lbs. Yukon Gold or white potatoes (1S)
- 6 - 8 oz. portobello mushroom caps (1)
- \* 1/4 lemon (*optional*) (3S)
- 1 lime (1S)
- 1/2 - 1 lb. blueberries or raspberries (2S)
- 1 red apple (4)
- 4 dates (4)

### Shelved Items

- 4 whole wheat buns (1)
- 1 - 2 cup white or quick-cooking brown rice (3S)
- 10 oz. yellow (saffron or Mexican) rice (2)
- \* 6 large whole wheat tortillas (*optional*) (2)
- 1 cup rolled oats (not quick-cooking) (2S)

- 1 cup crisp rice cereal, such as Rice Krispies (2S)
- 15 oz. canned black beans (2)
- 1 - 2 Tbsp. dried currants or dried cranberries (3S)
- 1/4 cup chocolate chips or raisins (2S)
- 1/4 cup + + 1 - 2 Tbsp. pine nuts (3S) (4)

### The above ingredients will make

(1) = Grilled Steak and Portobello Mushroom Sandwiches, (1S) = Light Potato Salad, (2) = Saffron Rice and Bean Salad, (2Sa) = Blueberries or Raspberries, (2Sb) = Crispy Honey Peanut-Oat Bites, (3) = Garlic Crusted Shrimp with Cherry Tomatoes, (3Sa) = Mediterranean Rice, (3Sb) = Baked Asparagus, (4) = Santa Barbara Salad with Apples, Dates and Goat Cheese, (4S) = Baked Breadsticks,

\* - Includes ingredients that are optional.