*SHOPPING LIST - SUMMER*

# Week 13

## PROTEIN

- ☐ 4 salmon filets
- ☐ 6-lb. whole roaster chicken
- ☐ 3½ lbs. boneless, center loin pork chops
- ☐ 2 slices bacon, browned and crumbled

## DAIRY and REFRIGERATED

- ☐ 3 eggs
- ☐ 1 cup grated cheese of your choice
- ☐ 1½ cups mozzarella cheese
- ☐ ½ cup fat-free cheddar cheese
- ☐ 2 Tbsp. shredded Parmesan cheese
- ☐ ¼ cup skim milk

## PRODUCE

- ☐ 1 large onion
- ☐ 1 cup chopped onions
- ☐ ½ cup chopped celery
- ☐ ½ cup chopped cucumber
- ☐ 2 medium tomatoes
- ☐ 2–4 sprigs thyme, or dried
- ☐ fresh sprigs parsley, *optional*
- ☐ 2 lemons
- ☐ lemon slices, *optional*
- ☐ 2 cups raspberries, or frozen
- ☐ 2 cups blueberries, or frozen
- ☐ ½ cup chopped grapes

## CANNED/DRY GOODS

- ☐ 4-oz. can mushrooms
- ☐ 2 10-oz. cans green enchilada sauce
- ☐ 2 1-lb. cans pork and beans
- ☐ 15-oz. can no-salt-added black beans
- ☐ 15-oz. can Mexican stewed tomatoes
- ☐ 4-oz. can chopped green chilies
- ☐ 6-oz. can no-salt-added tomato sauce
- ☐ 2¼-oz. can sliced black olives
- ☐ 1½ cups cooked garbanzo beans
- ☐ ½ cup salsa
- ☐ 1½ cups bread crumbs
- ☐ 8 large tortillas
- ☐ 1 oz. (12 chips) tortilla chips
- ☐ ¾ cups dry couscous

## DO YOU HAVE THESE ON HAND?

- ☐ ground ginger
- ☐ pepper
- ☐ dried minced onion
- ☐ bay leaf
- ☐ dried thyme
- ☐ salt
- ☐ minced garlic
- ☐ dried oregano
- ☐ dried basil
- ☐ coriander
- ☐ onion powder
- ☐ dried parsley
- ☐ cinnamon
- ☐ 1½ tsp. reduced-sodium bouillon granules of your choice
- ☐ olive oil
- ☐ canola oil
- ☐ ½ or lemon juice, or vinegar
- ☐ ¼ cup plus 2 Tbsp. no-salt-added ketchup
- ☐ prepared mustard
- ☐ prepared mustard with white wine
- ☐ Dijon mustard
- ☐ Worcestershire sauce
- ☐ 4 Tbsp. teriyaki sauce
- ☐ 4 Tbsp. hoisin sauce
- ☐ low-sodium soy sauce
- ☐ 1 Tbsp. lemon juice
- ☐ brown sugar
- ☐ sugar
- ☐ baking powder
- ☐ 1¼ cups all-purpose flour