

Weekly Shopping List

Oils & Vinegars:

Carlini Extra Virgin Olive Oil
Carlini Pure Olive Oil
Carlini Vegetable Oil
Carlini Cooking Spray
SimplyNature Organic Coconut Oil

Herbs & Spices:

Stonemill Iodized Salt
Stonemill Paprika
Stonemill Ground Black Pepper
Stonemill Ground Cinnamon
Stonemill Oregano
Stonemill Chili Powder
Stonemill Ground Cumin
Stonemill Italian Seasoning
Stonemill Parsley Flakes
Stonemill Crushed Red Pepper
cayenne pepper
fresh parsley
fresh cilantro
fresh thyme
cayenne pepper
cardamom
ground nutmeg
coriander powder
fresh thyme

Refrigerated & Dairy:

1 carton Goldhen Large Eggs
1 package SimplyNature Organic Mexican Shredded Cheese

Meat, Poultry & Seafood:

1 package USDA Choice Beef Stew Meat
1 package All Natural 93% Lean Ground Beef
1 package Kirkwood Ground Turkey
2 packages Kirkwood Never Any! Fresh Boneless Skinless Chicken Breasts
1 package Kirkwood Chicken Tenderloins
1 package Sea Queen Tilapia Fillets

Produce:

3 lemons
2-3 garlic bulbs
5 onions
2 red onions

Produce (continued):

4 gold potatoes
2 bell peppers
1 head green cabbage
1 head red cabbage
1-2 jalapeños
1 serrano pepper
1-2 bags carrots
1 bag celery
2 bags Brussels sprouts
1 bag SimplyNature Organic Kale
1 bag SimplyNature Organic Baby Spinach
1 bag SimplyNature Organic Arugula

Pantry:

1 can Dakota's Pride Cannellini Beans
1 can Happy Harvest Diced Tomatoes
1 package Southern Grove Slivered Almonds
1 package Southern Grove Raisins
1 package Southern Grove Chopped Pecans
1 package Southern Grove Dried Cherries
1 package Baker's Corner Brown Sugar
4-5 cartons SimplyNature Organic Low Sodium Chicken Broth
1-2 cartons Chef's Cupboard Beef Broth
1 jar Tuscan Garden Spanish Manzanilla Olives
1 jar Specially Selected Kalamata Olives
1 jar Tuscan Garden Artichoke Quarters in Water
1 bottle Burman's Hot Sauce
1 bottle Winking Owl Chardonnay
1 bottle Broken Clouds Pinot Noir

Pasta & Grains:

1 package SimplyNature Organic Quinoa
1 package Earthly Grains Rosemary & Olive Oil Quinoa Blend

Frozen:

1 package Season's Choice Frozen Sweet Corn
1 package Season's Choice Frozen Sweet Peas

