

# Weekly Shopping List

## Oils & Vinegars:

Carlini Extra Virgin Olive Oil  
Carlini Pure Olive Oil  
Carlini Canola Oil  
Tuscan Garden White Vinegar

## Herbs & Spices:

Stonemill Iodized Salt  
Stonemill Ground Black Pepper  
Stonemill Basil Leaves  
Stonemill Oregano  
Stonemill Crushed Red Pepper  
Stonemill Ground Cumin  
cayenne pepper  
ground mustard  
ground coriander  
fresh ginger  
fresh cilantro

## Refrigerated & Dairy:

1 bag SimplyNature Organic Shredded Mozzarella Cheese  
1 bag Priano Shredded Parmesan Cheese  
1 bag Priano Part Skim Milk Ricotta Cheese  
1 Priano Parmesan Wedge  
1 carton Friendly Farms Greek Yogurt  
*Compared to CHOBANI Greek Yogurt*  
1 carton Friendly Farms Sour Cream  
1 carton Goldhen Large Eggs

## Meat, Poultry & Seafood:

1 bag Sea Queen Medium Cooked Shrimp

## Produce:

1 lemon  
4-5 limes  
2 garlic bulbs  
3 small red onions  
2 yellow onions  
1 red cabbage  
1 cucumber  
3 pints grape tomatoes  
5-6 sweet potatoes

## Produce (continued):

1 avocado  
2 Portobello mushrooms  
2 mini cucumbers  
1 jalapeño  
1 bag celery  
1 bag carrots  
4 red bell peppers  
5 zucchini  
2 bags SimplyNature Organic Baby Spinach  
3 bags SimplyNature Organic Mixed Greens  
2 bags SimplyNature Organic Chopped Kale

## Pantry:

1 jar Priano Chunky Marinara Pasta Sauce  
1 carton SimplyNature Organic Low Sodium Chicken Broth  
1 bottle Burman's Hot Sauce  
1 jar Berryhill Honey  
1 bottle Fusia Soy Sauce  
1 can Dakota's Pride Garbanzo Beans  
2 cans Dakota's Pride Black Beans  
1 can Dakota's Pride Great Northern Beans  
1 can Happy Harvest Whole Kernel Corn  
1 can Happy Harvest Crushed Tomatoes  
1 jar tahini

## Pasta & Grains:

1 package Chef's Cupboard Plain Bread Crumbs  
1 bag Priano Spinach Ricotta Tortellini  
1 package SimplyNature Organic Quick Cook Brown Rice  
1 package Pueblo Lindo White Corn Tortillas

