

# Weekly Shopping List

## Oils & Vinegars:

Carlini Extra Virgin Olive Oil  
Carlini Pure Olive Oil  
SimplyNature Organic Apple Cider Vinegar  
balsamic vinegar

## Herbs & Spices:

Stonemill Iodized Salt  
Stonemill Sea Salt Grinder  
Stonemill Ground Black Pepper  
Stonemill Peppercorn Grinder  
Stonemill Crushed Red Pepper  
Stonemill Chili Powder  
Stonemill Minced Garlic  
cayenne pepper  
fresh cilantro  
fresh parsley

## Refrigerated & Dairy:

1 package Priano Shredded Parmesan Cheese

## Produce:

5 lemons  
3-4 limes  
1 orange  
5 apples  
1 small red onion  
1 bag scallions  
1 small shallot  
2 red cabbages  
2 heads broccoli  
2 heads cauliflower  
2 seedless cucumbers  
1 pint grape tomatoes  
2 butternut squash  
20 large sweet potatoes  
1 avocado  
1 package button mushrooms  
1 bag carrots

## Produce (continued):

2 red bell peppers  
1 bag green beans  
1 bag SimplyNature Organic Baby Spinach  
1 bag SimplyNature Organic Mixed Greens  
*Compared to Earthbound Farm Organic Spring Mix*  
3-4 bags SimplyNature Organic Kale

## Pantry:

1 package Southern Grove Sliced Almonds  
1 package Southern Grove Pistachios  
1 package Southern Grove California Golden Raisins  
1 can Dakota's Pride Kidney Beans  
1 can Dakota's Pride Garbanzo Beans  
1 can SimplyNature Organic Black Beans  
1 bottle SimplyNature Organic Asian Ginger Dressing  
1 jar SimplyNature Creamy Almond Butter  
1 jar Berryhill Honey  
1 bottle Burman's Dijon mustard  
1 jar tahini

## Pasta & Grains:

1 package SimplyNature Organic Quinoa  
1 package SimplyNature Organic Quick Cook Brown Rice

