

Weekly Shopping List

Oils & Vinegars:

Carlini Pure Olive Oil
Carlini Extra Virgin Olive Oil
balsamic vinegar

Herbs & Spices:

Stonemill Iodized Salt
Stonemill Ground Black Pepper
Stonemill Ground Cumin
Stonemill Chili Powder
Stonemill Paprika
Stonemill Oregano
fresh rosemary
fresh thyme
fresh cilantro
fresh basil leaves
SimplyNature Organic Ground Cayenne
ground allspice

Refrigerated & Dairy:

1 carton Goldhen Large Eggs
1 package Countryside Creamery Butter
1 package Happy Farms Sharp Cheddar Shredded Cheese
1 package Priano Shredded Parmesan Cheese
1 package Pueblo Lindo Fresco Cheese
1 carton Friendly Farms Plain Nonfat Greek Yogurt

Compared to CHOBANI Greek Yogurt

Meat, Poultry & Seafood:

2 packages Sea Queen Tilapia Fillets
1 package Sea Queen Wild Caught Salmon

Produce:

2 lemons
4-5 limes
2 mangoes
2 grapefruits
3 avocados
1 head lettuce
2-3 red bell peppers
1 yellow bell pepper

Produce (continued):

3 red onions
1 yellow onion
1 bag scallions
3 sweet potatoes
3 zucchini
1 summer squash
1 jalapeño
1 garlic bulb
2 pints grape tomatoes
1 bag celery
1 bag carrots
1 bag SimplyNature Organic Kale
1 bag SimplyNature Organic Baby Spinach
1 bag SimplyNature Organic Spring Mix
1-2 bags SimplyNature Organic Arugula

Pantry:

2 cans SimplyNature Organic Black Beans
2 cans Dakota's Pride Cannellini Beans
1 can SimplyNature Organic Diced Tomatoes
1 can Happy Harvest Whole Kernel Corn
1 package Southern Grove Pumpkin Seeds
1 carton SimplyNature Organic Low Sodium Chicken Broth
1 jar Specially Selected 100% Pure Maple Syrup
1 bottle Berryhill Honey
1 bottle Broken Clouds Chardonnay
1 bottle Burman's Dijon Mustard

Pasta & Grains:

2 packages SimplyNature Organic Quinoa
1 package Fit & Active Whole Wheat Tortillas
1 package Pueblo Lindo Fajita Tortillas
1 package Priano Bronze Cut Rigatoni Pasta

