

Weekly Shopping List

Oils & Vinegars:

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

Herbs & Spices:

Stonemill Iodized Salt
Stonemill Sea Salt Grinder
Stonemill Ground Black Pepper
Stonemill Crushed Red Pepper
Stonemill Ground Cinnamon
thyme
sage
sesame seeds
fresh basil
fresh cilantro

Refrigerated & Dairy:

1 package Fit & Active Shredded 2% Milk Sharp Cheddar Cheese

Produce:

4 lemons
3 large oranges
2 green apples
2 red onions
1 small white onion
1 garlic bulb
1 large tomato
1 large avocado
1 red bell pepper
1 head broccoli
1 small head cabbage
2 small heads red cabbage
8 sweet potatoes
4 large zucchini
4 red bell peppers
2 green bell peppers
1 pint grape tomatoes
1 bag carrots

Produce (continued):

1 bag celery
1 bag Brussels sprouts
1 bunch asparagus
1 bunch radishes
1 bunch chives
1 package pomegranate arils
1 bag SimplyNature Organic Baby Spinach
4 bags SimplyNature Organic Kale

Pantry:

1 package Southern Grove Dried Cranberries
1 package Specially Selected Unsalted Deluxe Whole Cashews
1 bottle SimplyNature Organic Wildflower Honey
1 bottle Burman's Dijon Mustard
1 package Brazil nuts

Pasta & Grains:

2 packages SimplyNature Organic Quinoa
1 package Earthly Grains Red Quinoa
1 package Priano Bronze Cut Fusilli

Frozen:

1 package Season's Choice Frozen Sweet Peas