

# Weekly Shopping List

## Oils & Vinegars:

Carlini Extra Virgin Olive Oil

## Herbs & Spices:

Stonemill Iodized Salt

Stonemill Ground Black Pepper

Stonemill Paprika

Stonemill Crushed Red Pepper

Stonemill Chili Powder

Stonemill Onion Powder

Stonemill Garlic Powder

Stonemill Ground Cumin

Stonemill Oregano

Stonemill Basil Leaves

Stonemill Minced Garlic

SimplyNature Organic Ground Cayenne  
chipotle powder

thyme

sage

fresh rosemary

## Refrigerated & Dairy:

1 package Specially Selected Goat Cheese Crumbles

1 carton Friendly Farms Original Coconut Milk

## Meat, Poultry & Seafood:

1 package Kirkwood Boneless, Skinless Chicken Thighs

1 package Sea Queen Wild Caught Salmon

1 package SimplyNature Organic Grass Fed Ground Beef

1 package Appleton Farms Pork Sausage Roll

4 boneless center-cut pork chops

1 package Appleton Farms Prosciutto

## Produce:

2 lemons

1 lime

2 grapefruits

2 garlic bulbs

2 medium zucchini

3 white onions

2 serrano peppers

3 potatoes

## Produce (continued):

2 avocados

1 yellow bell pepper

2 red onions

1 head broccoli

1 head cabbage

1 pint grape tomatoes

2 bags green beans

1 bag carrots

1 bag celery

1 bag Brussels sprouts

1 bunch green onions

1 bunch radishes

1 bunch asparagus

1 bag SimplyNature Organic Spring Mix

## Pantry:

2 cans Happy Harvest Tomato Sauce

1 can Happy Harvest Diced Tomatoes

1 can Tuscan Garden Large Pitted Ripe Olives

1 bottle SimplyNature Organic Wildflower Honey

## Pasta & Grains:

1 package SimplyNature Organic Quinoa

1 package SimplyNature Organic Quick Brown Rice