

# Weekly Shopping List

## Oils & Vinegars:

Carlini Pure Olive Oil  
Carlini Vegetable Oil

## Herbs & Spices:

Stonemill Iodized Salt  
Stonemill Ground Black Pepper  
Stonemill Paprika  
Stonemill Ground Cumin  
Stonemill Ground Cinnamon  
Stonemill Minced Garlic  
Stonemill Sea Salt Grinder  
Stonemill Peppercorn Grinder  
Stonemill Crushed Red Pepper  
Stonemill Onion Powder  
Stonemill Garlic Powder  
Stonemill Oregano  
SimplyNature Organic Ground Cayenne  
ground coriander  
ground ginger  
minced ginger  
thyme  
bay leaves  
turmeric  
fresh cilantro  
fresh parsley

## Refrigerated & Dairy:

1 carton Friendly Farms Plain Nonfat Greek Yogurt  
1 carton Friendly Farms Light Sour Cream  
1 carton Goldhen Large Eggs

## Meat, Poultry & Seafood:

1 package Appleton Farms Never Any! Hickory Bacon  
1 package Sea Queen Wild Caught Salmon  
2-3 packages Sea Queen Medium Easy Peel Raw Shrimp

## Produce:

1 lemon  
3-4 limes  
1 mango  
2 yellow onions  
1 white onion

## Produce (continued):

2 garlic bulbs  
1 cucumber  
4 avocados  
2 large sweet potatoes  
2 red bell peppers  
2 green bell peppers  
1 yellow bell pepper  
1 head cabbage  
1 portabella mushroom  
1 bunch radishes  
1 bunch green onions  
1 bag celery  
1 pint grape tomatoes  
1 bag Brussels sprouts  
1 bag SimplyNature Organic Baby Spinach  
1 bag SimplyNature Organic Arugula  
3 bags SimplyNature Organic Spring Mix

## Pantry:

1 can SimplyNature Organic Black Beans  
1 can Dakota's Pride Garbanzo Beans  
2 cans Dakota's Pride Kidney Beans  
2 cans Happy Harvest Diced Tomatoes  
1 can Lunch Buddies Fruit Bowl Pineapple Tidbits in Juice  
1 carton SimplyNature Organic Vegetable Broth  
1 bottle SimplyNature Organic Wildflower Honey  
1 bottle Berryhill Honey  
1 bottle Fusia Asian Inspirations Sriracha Sauce  
1 bottle Fusia Asian Inspirations Reduced Sodium Soy Sauce  
1 bottle Burman's Chili Sauce  
1 bottle Burman's Hot Sauce  
1 package Southern Grove Dry Roasted Unsalted Peanuts  
1 package Specially Selected Deluxe Whole Cashews with Sea Salt  
1 package Baker's Corner Brown Sugar

## Pasta & Grains:

2 packages SimplyNature Organic Quinoa  
2 packages SimplyNature Organic Cook Brown Rice  
1 package liveGfree Gluten Free Brown Rice Spaghetti  
1 loaf L'oven Fresh 12 Grain Bread Wide Pan  
1 package Pueblo Lindo White Corn Tortillas