

# Weekly Shopping List

## Oils & Vinegars:

Carlini Pure Olive Oil  
Carlini Extra Virgin Olive Oil  
Carlini Canola Cooking Spray  
SimplyNature Organic Coconut Oil  
white wine vinegar  
balsamic vinegar

## Herbs & Spices:

Stonemill Iodized Salt  
Stonemill Ground Black Pepper  
Stonemill Ground Cumin  
Stonemill Oregano  
Stonemill Basil Leaves  
Stonemill Crushed Red Pepper  
Stonemill Garlic Salt  
Stonemill Chili Powder  
Stonemill Paprika  
Stonemill Onion Powder  
bay leaves  
fresh basil  
fresh parsley  
1 bag dried ancho chili peppers

## Refrigerated & Dairy:

1 carton Goldhen Large Eggs  
1 carton Friendly Farms Cottage Cheese  
1 package Countryside Creamery Butter  
1 package Happy Farms Preferred Feta Cheese Crumbles  
1 package Happy Farms Mild Cheddar or Colby Jack Cheese Cubes  
1 package Specially Selected Smoked Gouda  
2 Priano Parmesan Cheese Wedges  
1 carton Friendly Farms Light Sour Cream

## Meat, Poultry & Seafood:

1 package Sea Queen Medium Easy Peel Raw Shrimp

## Produce:

3 lemons  
2 red onions  
2 white onions  
1 yellow onion  
2 garlic bulbs  
3 zucchini

## Produce (continued):

2-3 bell peppers  
1 large eggplant  
1 head broccoli  
1 head cauliflower  
1 head green leaf lettuce  
2 pints grape tomatoes  
1 bunch green onions  
1 bag carrots  
1 bag celery  
1 bag green beans  
3 bags SimplyNature Organic Baby Spinach  
1 bag SimplyNature Organic Mixed Greens  
1 bag SimplyNature Organic Kale

## Pantry:

2 cans SimplyNature Organic Black Beans  
1 can Dakota's Pride Kidney Beans  
3 cans Dakota's Pride Garbanzo Beans  
1 can Dakota's Pride Cannellini Beans  
4 cans Happy Harvest Diced Tomatoes  
1 can Happy Harvest Crushed Tomatoes  
1 can Happy Harvest Tomato Sauce  
1 can Happy Harvest Whole Kernel Corn  
1 can Happy Harvest Small Peas  
1 can Casa Mamita Diced Tomatoes with Green Chilies  
2 cartons SimplyNature Organic Low Sodium Chicken Broth  
1 bottle Burman's Dijon Mustard  
1 bottle Berryhill Honey  
1 package Southern Grove Whole Almonds  
1 package Southern Grove Walnuts  
1 package Southern Grove Pecan Halves  
1 package Southern Grove Sliced Almonds  
1 package SimplyNature Organic Seasoned Croutons  
1 package kale pesto white bean dip  
1 Clancy's Restaurant-Style Tortilla Chips

## Pasta & Grains:

1 loaf L'oven Fresh 100% Whole Wheat Bread  
1 package SimplyNature Organic Quinoa  
1 package Earthly Grains Couscous