

Week 1 Shopping List

Divided into two easy trips. Print at EatRealAmerica.com.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entree	Slow Cooker Enchilada Soup Bar p.49	Easy Peasy Cheeseburger Macaroni p.51	Southwest Stuffed Sweet Potatoes p.53	Baked Fish Parmesan p.55	Cheeseburger Quesadillas p.57	Mexican One-Pot Pasta p.59	Citrus Grilled Chicken or Shrimp p.61
Side	Easy Everyday Salad p.113	Broccoli Poppers and Carrots p.137	Easy Everyday Salad p.113	Honey Dijon Roasted Veggies p.137	Steamed Broccoli with Garlic Dijon Dressing p.135	Easy Everyday Salad p.113	Sweet Surprise Corn Salad p.117

First Half of Week (Mon-Thurs)

Second Half of Week (Fri-Sun)

Produce

- garlic (1 bulb or garlic powder)
- onions: white or yellow (1), red (1)
- potatoes: regular (1 lb), sweet (4)
- avocados (3)
- green beans (1/2 lb)
- tomatoes: cherry (2 pints)
- jalapeños (2)
- broccoli (2 crowns)
- cucumber (2)
- radishes (1 bunch)
- fresh salad greens (spinach or romaine, 8 cups)
- fresh cilantro (1/2 bunch)
- carrots: large (2), petite baby (24 oz)

- garlic (1 bulb or garlic powder)
- onions: white or yellow (3), red (1)
- mushrooms, whole (8 oz) opt, sliced (8 oz)
- butternut squash (1)
- bell peppers: red (1), green or yellow (1)
- tomatoes: cherry (1 pint), medium (1)
- jalapeño (1)
- broccoli (2 crowns)
- cucumber (2)
- radishes (1 bunch)
- fresh salad greens (spinach or romaine, 4 cups + 3 cups opt)
- fresh cilantro (1/2 bunch)
- carrots: large (1)
- blueberries (1 cup)
- citrus fruit: orange (1), lemon (1), lime (2)

Meat / Seafood

- chicken breasts (skinless, boneless, 1 lb)
- lean ground beef (1 lb)
- tilapia (or cod or flounder, 1.5 lbs)

- chicken breasts (skinless, boneless, 1 lb)
- lean ground beef (1 lb)
- chicken breasts (skinless, boneless, 1 lb)
OR raw shrimp (peeled, deveined, 2 lbs)

Bakery

tortilla chips

whole wheat flour tortillas (8) or corn tortillas (16)
 multi-grain artisan bread (1 loaf) or 1 cup rice for GF option

Dairy

shredded cheddar cheese (1 3/4 cup)
 shredded Parmesan cheese (1/2 cup)
 plain nonfat Greek yogurt (1/2 cup)
 crumbled cheese (feta, blue or gorgonzola, 1/2 cup), opt
 shredded part-skim mozzarella cheese (1/4 cup)
 milk (skim, almond or soy, 2 cups)

shredded cheddar cheese (1 cup)
 shredded Monterey Jack cheese (2/3 cup)
 plain nonfat Greek yogurt (1/2 cup)
 crumbled cheese (feta, blue or gorgonzola, 1/4 cup), opt

Dry / Canned

enchilada sauce* (1 can, 10 oz)
 diced tomatoes (1 can, 14.5 oz)
 black beans (2 cans, 15 oz each)
 beans (garbanzo, black or navy, 2 cans, 15 oz each)
 elbow macaroni* (whole wheat or whole-grain, 1 1/2 cups)
 low-sodium chicken broth (4 cups)
 dried fruit (cranberries or raisins, 1/2 cup)
 chopped nuts (almonds, walnuts or pecans, 1/2 cup)
 salsa (1 cup)
 panko bread crumbs* (1/2 cup)
 marinara sauce (1 jar, 24 oz)
 chipotle chiles in adobo*, opt

enchilada sauce* (1 can, 10 oz)
 fire-roasted diced tomatoes (with garlic, 1 can, 14.5 oz)
 black beans (2 cans, 15 oz each)
 beans (garbanzo, black or navy, 2 cans, 15 oz)
 penne pasta* (whole wheat or whole-grain, 8 oz)
 low-sodium vegetable or chicken broth (1 cup)
 dried fruit (cranberries or raisins, 1/4 cup)
 chopped nuts (almonds, walnuts or pecans, 1/4 cup)
 dill pickles (chopped, 1/2 cup)

Frozen

frozen veggies: corn (3 cups), peas (1 1/2 cups)

frozen veggies: corn (3 cups)

Pantry Checklist

Full Week

Vinegars / Oils	Condiments	Herbs / Spices		Baking / Other
<input type="checkbox"/> balsamic vinegar <input type="checkbox"/> white balsamic vinegar <input type="checkbox"/> white wine vinegar <input type="checkbox"/> olive oil	<input type="checkbox"/> Dijon mustard <input type="checkbox"/> honey <input type="checkbox"/> natural ketchup <input type="checkbox"/> Worcestershire sauce <input type="checkbox"/> yellow mustard	<input type="checkbox"/> bay leaf <input type="checkbox"/> chili powder <input type="checkbox"/> dried oregano <input type="checkbox"/> dried rosemary <input type="checkbox"/> garlic powder <input type="checkbox"/> ground coriander	<input type="checkbox"/> ground cumin <input type="checkbox"/> ground turmeric <input type="checkbox"/> onion powder <input type="checkbox"/> paprika <input type="checkbox"/> smoked paprika	<input type="checkbox"/> cornstarch (or arrowroot) <input type="checkbox"/> sugar <input type="checkbox"/> salt <input type="checkbox"/> black pepper

*choose a gluten-free (GF) variety if desired