

Week 2 Shopping List

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entree	Slow Cooker Balsamic Pork Stuffed Potatoes p.65	Southwest Quinoa with Simple Guacamole p.67	Encore Balsamic Pork and Pepper Quesadillas p.69	Baked Salmon Patties with Spicy Tartar Sauce p.71	Spinach Artichoke Pesto Pizza p.73	Zesty Shrimp and Broccoli Stir Fry over Rice p.75	Baked Chicken Parmesan over Spaghetti Squash p.77
Side	Crunchy Coleslaw (first half) p.115	Massaged Kale Salad p.119	Crunchy Coleslaw (second half) p.115	Curry Roasted Cauliflower and Carrots p.139	Everyday Hummus with Veggies p.197	Super Cinnamon Applesauce p.74	Roasted Brussels Sprouts p.139

First Half of Week (Mon-Thurs)

Second Half of Week (Fri-Sun)

Produce

- garlic (2 bulb or garlic powder)
- sweet potatoes (4)
- bell peppers (all colors, 5)
- jalapénos (2)
- onion (red or white, 1)
- mushrooms, sliced (8 oz)
- cauliflower (1 head)
- baby carrots (petite, 12 oz)
- shredded cabbage and carrots (coleslaw mix, 8 cups)
- salad greens (8 cups, if serving salmon patties on greens)
- kale (1 bunch)
- avocados (2)
- citrus fruit: lemons (2), lime (1)
- fresh cilantro (1 bunch), opt

- garlic (1 bulb or garlic powder)
- spaghetti squash (1, or 6 oz whole-grain pasta*)
- red bell pepper (1)
- cucumber (1)
- onion (white or yellow, 1)
- mushrooms, sliced (4 oz), opt
- broccoli (2 crowns)
- baby carrots (40 or 2 cups)
- celery (2 stalks), opt
- radishes (8)
- spinach (4 cups)
- Brussels sprouts (1.5 lb)
- citrus fruit: lemon (1)
- pineapple (1)
- fresh ginger (or ground ginger)

Meat / Seafood

- boneless pork tenderloin (2.5 lbs)

- raw shrimp (peeled, deveined, 1 lb)
- chicken breasts (skinless, boneless, 1.5 lbs)

Bakery

- whole-grain buns* (4, if serving salmon patties on buns)
- corn tortillas (16) or whole wheat flour tortillas (8)

- whole-grain pitas (4, or 1 whole-grain pizza crust)*

Dairy

- shredded Parmesan cheese (1/4 cup)
- shredded part-skim mozzarella cheese (3/4 cup)
- eggs (2)
- plain nonfat Greek yogurt (1/2 cup)

- shredded Parmesan cheese (1/4 cup)
- shredded part-skim mozzarella cheese (1 3/4 cup)
- egg (1)
- plain nonfat Greek yogurt (2 Tbsp)
- milk (skim, almond or soy, 1/4 cup)

Dry / Canned

- pecans (1/4 cup)
- silvered almonds (1/2 cup)
- dried tomatoes (1 can, 14.5 oz)
- dried cranberries (1/4 cup)
- quinoa (uncooked, 1 cup)
- salsa (1/2 cup), opt
- black beans (1 can, 14.5 oz)
- capers (or dill pickle relish, 1 Tbsp)
- black olives (1 can, 4 oz)
- canned salmon (boneless, skinless, 3 cans, 5 oz each)
- low-sodium vegetable or chicken broth (1 3/4 cup)
- almond flour (1/4 cup), or oat or whole wheat flour

- ground flax seed (2 Tbsp)
- brown or black rice (uncooked, 1 cup)
- sun-dried tomatoes (8), opt
- marinara sauce (1 jar, 24 oz)
- tahini (1/4 cup, Asian section of store)
- applesauce (no sugar added, 2 cups)
- garbanzo beans (1 can, 14.5 oz)
- panko bread crumbs* (1 cup)
- basil pesto (from a jar, 6 Tbsp)
- artichoke hearts (can or jar, quartered, 1 cup)
- low-sodium vegetable or chicken broth (1/2 cup)
- whole wheat flour* (1/2 cup)

Frozen

- frozen veggies: corn (1 cup)

Pantry Checklist

Full Week

Vinegars / Oils	Condiments	Herbs / Spices	Baking / Other
<ul style="list-style-type: none"> <input type="checkbox"/> apple cider vinegar <input type="checkbox"/> balsamic vinegar <input type="checkbox"/> rice wine vinegar <input type="checkbox"/> olive oil <input type="checkbox"/> toasted sesame oil 	<ul style="list-style-type: none"> <input type="checkbox"/> honey <input type="checkbox"/> hot sauce <input type="checkbox"/> light mayonnaise <input type="checkbox"/> low-sodium soy sauce (or tamari) <input type="checkbox"/> pure maple syrup <input type="checkbox"/> stone ground mustard <input type="checkbox"/> Worcestershire sauce 	<ul style="list-style-type: none"> <input type="checkbox"/> crushed red pepper flakes <input type="checkbox"/> curry powder <input type="checkbox"/> dried dill weed <input type="checkbox"/> dried oregano <input type="checkbox"/> garlic powder <input type="checkbox"/> ground cinnamon <input type="checkbox"/> ground cumin <input type="checkbox"/> ground ginger <input type="checkbox"/> ground turmeric <input type="checkbox"/> paprika <input type="checkbox"/> sesame seeds (4 Tbsp) 	<ul style="list-style-type: none"> <input type="checkbox"/> cornstarch (or arrowroot) <input type="checkbox"/> salt <input type="checkbox"/> black pepper