

Week 3 Shopping List

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

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|--|--|--|---|--------------------------------------|--|---|
| Entree | Slow Cooker Asian Chicken over "Riced" Cauliflower p.81 | Moroccan Butternut Squash and Quinoa p.83 | Mediterranean Roasted Eggplant Pasta with Fish p.85 | Thai Pizza p.87 | Fire-Roasted Sloppy Joes p.89 | Thai Vegetable Noodle Stir Fry p.91 | Salmon with White Beans, Kale & Honey Mustard Sauce p.93 |
| Side | Bok Choy Salad w/ Sesame Dressing (first half) p.123 | Avocado Cucumber Salad p.135 | Bok Choy Salad w/ Sesame Dressing (second half) p.123 | Arugula Salad with Orange Sesame Vinaigrette p.125 | Broccoli Poppers p.137 | Green Fruit Salad p.133 | Honey Dijon Roasted Carrots and Parsnips p.137 |

First Half of Week (Mon-Thurs)

Produce

- garlic (2 bulbs or garlic powder)
- fresh ginger (or ground ginger)
- cauliflower (1 head)
- red bell peppers (2 + 1 opt)
- cherry tomatoes (1 pint, or 2 cups)
- mushrooms, sliced (4-8 oz + 4 oz opt)
- carrots: large (1), baby (10)
- onions (white or yellow, 3)
- butternut squash (1/2)
- green onions (16)
- fresh herbs: cilantro (1/2 bunch), basil (1/4 cup)
- kale (1 bunch)
- fresh salad greens: romaine (3 cups), arugula (4 cups)
- avocado (1)
- bok choy (1 head)
- citrus fruit: oranges (4), lemon (1), lime (1)
- cucumber (1)
- celery (3 stalks)
- eggplant (1)

Second Half of Week (Fri-Sun)

- garlic (1 bulb or garlic powder)
- parsnips (1 lb, about 4)
- cauliflower (1 head)
- bell peppers (1 green and 2 any color)
- broccoli (6 crowns)
- mushrooms, sliced (4 oz)
- carrots: large (2), petite baby (1 lb)
- onions (white or yellow, 3)
- butternut squash (1/2)
- fresh chives (or tops of green onions, 1 bunch)
- fresh cilantro (1/2 bunch)
- kale (1 bunch)
- kiwis (4)
- pear (1)
- green grapes (2 cups)
- citrus fruit: lemon (1)
- jicama (1)

Meat / Seafood

- chicken breasts (skinless, boneless, 2.5 lb)
- cod (or tilapia or flounder, 1.5 lbs)

- lean ground turkey (or lean ground beef, 1 lb)
- salmon (boneless, skinless, 1 lb)

Bakery

whole wheat pitas (4, or 1 large whole wheat pizza crust)*

whole wheat hamburger buns* (4)

Dairy

plain nonfat Greek yogurt (2 Tbsp)
 shredded Parmesan cheese (1/4 cup)
 shredded part-skim mozzarella cheese (2/3 cup), opt
 feta cheese (1/4 cup), opt
 orange juice (1/2 cup + 1 Tbsp)

plain nonfat Greek yogurt (1/4 cup)
 shredded Parmesan cheese (2 Tbsp)

Dry / Canned

quinoa (uncooked, 1 cup)
 whole-grain fettuccine pasta* (6 oz)
 garbanzo beans (1 can, 15 oz)
 olives: sliced black (1 can, 4 oz), Kalamata (pitted, 2/3 cup)
 raisins (1/4 cup)
 natural peanut butter (3/4 cup)
 seeds: sunflower (1/4 cup), pepitas (or pumpkin seeds, 1/4 cup)
 peanuts (2 Tbsp)
 low-sodium vegetable or chicken broth (2 1/2 cups)

whole-grain spaghetti* (3 oz)
 fire-roasted diced tomatoes (1 can, 14.5 oz)
 cannellini beans (1 can, 15 oz)

Pantry Checklist

Full Week

| Vinegars / Oils | Condiments | Herbs / Spices | | Baking / Other |
|--|--|--|--|--|
| <input type="checkbox"/> apple cider vinegar <input type="checkbox"/> rice wine vinegar <input type="checkbox"/> white wine vinegar <input type="checkbox"/> olive oil <input type="checkbox"/> toasted sesame oil | <input type="checkbox"/> Dijon mustard <input type="checkbox"/> honey <input type="checkbox"/> hot sauce <input type="checkbox"/> low-sodium soy sauce (or tamari) <input type="checkbox"/> natural ketchup <input type="checkbox"/> Worcestershire sauce | <input type="checkbox"/> crushed red pepper flakes <input type="checkbox"/> dried oregano <input type="checkbox"/> dried rosemary <input type="checkbox"/> dried thyme <input type="checkbox"/> garlic powder <input type="checkbox"/> ground cardamom <input type="checkbox"/> ground cayenne <input type="checkbox"/> red ppepper | <input type="checkbox"/> ground cinnamon <input type="checkbox"/> ground coriander <input type="checkbox"/> ground cumin <input type="checkbox"/> ground ginger <input type="checkbox"/> ground tumeric <input type="checkbox"/> paprika <input type="checkbox"/> sesame seeds (4 Tbsp, opt) | <input type="checkbox"/> sugar <input type="checkbox"/> salt <input type="checkbox"/> black pepper |

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