

Week 4 Shopping List

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entree	Slow Cooker Sweet and Savory Meal p.97	Crazy Cajun Quinoa and Kale p.99	Sweet and Savory Crustless Beef Pot Pie p.101	Fish Tacos with Slaw and Avocado Cream p.103	Mexican Black Bean Veggie Pizza p.105	Cashew Chicken Bok Choy p.107	Panko Crusted Mustard Salmon (or Trout) p.109
Side	Broccoli Cauliflower Salad (first half) p.127	Easy Greek Salad p.115	Broccoli Cauliflower Salad (second half) p.127	Simple Roasted Asparagus and Mushrooms p.141	Easy Pineapple Salsa p.195	Dreamy Fruit 'n Nutty Salad p.133	Seasoned Roasted Potatoes and Brussels Sprouts p.141

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 (3)
- avocados (2)
- red skin potatoes (1 lb)
- parsnips (1 lb, about 4)
- baby carrots (12)
- celery (3 stalks)
- red bell pepper (1)
- jalapéno (1), opt
- fresh cilantro (1 bunch)
- zucchini (2)
- cherry tomatoes (1 cup)
- cucumber (1)
- broccoli (4 crowns)
- red apples (2)
- citrus fruit: lemon (1), lime (2)
- cauliflower (1 head)
- mushrooms, sliced (8 oz + 8 oz opt)
- asparagus (1 bunch)
- fresh greens: kale (2 cups), spinach (or baby spinach, 6 cups)
- shredded cabbage (or coleslaw, 2 cups)

- garlic (1 bulb or garlic powder)
- onions, red (2)
- green onions (5 or 1 bunch, or sub one onion)
- sweet potatoes (2 medium)
- Brussels sprouts (1 lb)
- carrots (2 large or 1 cup baby carrots)
- bok choy (1 large or 3-4 baby bok choy, or 1 Napa cabbage)
- red bell peppers (2)
- jalapénos (3)
- fresh cilantro (1 bunch)
- fresh parsley (1 bunch)
- pineapple (1)
- strawberries (1 cup)
- blueberries (1 cup)
- apple (1)
- citrus fruit: lime (1)
- fresh ginger (or ground ginger)
- mushrooms, sliced (4 oz), opt

Meat / Seafood

- boneless top round beef roast (2.5 lbs)
- chicken or turkey sausage* (2 links, 3 oz each), opt
- tilapia (or sole, snapper, cod, trout or salmon, 1.5 lbs)

- chicken breasts (boneless, skinless, 12 oz)
- salmon (or trout, boneless, skinless 1 lb)

Bakery

- corn tortillas (8)

- corn tortillas (12)

Dairy

- plain nonfat Greek yogurt (1 cup + 1/4 cup opt)
- feta cheese (2 Tbsp)
- egg (1)
- milk (skim, almond or soy, 3/4 cup)

- plain nonfat Greek yogurt (1/2 cup)
- shredded Parmesan cheese (2 Tbsp)
- shredded colby jack cheese (1 Tbsp)

Dry / Canned

- whole wheat pastry flour* (3/4 cup + 2 Tbsp)
- cornmeal (1/2 cup)
- olives: Kalamata (1/4 cup), pimento-stuffed green (1/2 cup), opt
- quinoa (uncooked, 1/2 cup)
- fire-roasted diced tomatoes (2 cans, 15 oz)
- light red kidney beans (1 can, 15 oz)
- pecans (1 cup)
- sliced beets (1 can, 8.25 oz)
- low-sodium broth: vegetable or chicken (1 cup), beef (3 cups)
- raisins (1 cup)

- brown or black rice (uncooked, 1 cup)
- panko bread crumbs* (1/2 cup)
- sliced black olives (1 can, 4 oz)
- refried black beans (1 can, 15 oz)
- chia seeds
- raisins (2 Tbsp)
- raw cashews (1/2 cup)
- walnuts (chopped, 2 Tbsp)
- low-sodium vegetable or chicken broth (1 cup)

Frozen

- frozen veggies: mixed vegetables (10 oz)

- frozen veggies: corn (1 cup)

Pantry Checklist

Full Week

Vinegars / Oils	Condiments	Herbs / Spices		Baking / Other
<input type="checkbox"/> balsamic vinegar <input type="checkbox"/> rice wine vinegar <input type="checkbox"/> white balsamic vinegar <input type="checkbox"/> olive oil <input type="checkbox"/> toasted sesame oil	<input type="checkbox"/> Dijon mustard <input type="checkbox"/> honey <input type="checkbox"/> light mayonnaise <input type="checkbox"/> low-sodium soy sauce (or tamari) <input type="checkbox"/> natural ketchup <input type="checkbox"/> pure maple syrup	<input type="checkbox"/> chili powder <input type="checkbox"/> crushed red pepper flakes <input type="checkbox"/> dried basil <input type="checkbox"/> dried oregano <input type="checkbox"/> dried thyme <input type="checkbox"/> ground cayenne	<input type="checkbox"/> garlic powder <input type="checkbox"/> ground cumin <input type="checkbox"/> ground ginger <input type="checkbox"/> herbs de Provence <input type="checkbox"/> onion powder <input type="checkbox"/> paprika	<input type="checkbox"/> baking powder (aluminum-free) <input type="checkbox"/> cornstarch (or arrowroot) <input type="checkbox"/> salt <input type="checkbox"/> black pepper