# May 16th – May 22nd, 2020 Shopping List

## Pantry Staples
- Salt
- Kooler salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Crushed red pepper
- Ground cinnamon
- Vanilla extract
- Granulated sugar
- Brown sugar
- Baking powder

## Grocery
- 1 (10-in.) whole-wheat baguette
- 1 half-loaf crusty whole grain bread
- 1 (10-oz.) box whole-wheat couscous
- 1 (16-oz.) box whole-wheat spaghetti
- 2 (15-oz.) cans unsalted tuna
- 1 (8-oz.) tub fresh pesto
- 1 (4-5 oz.) jar capers
- 1 (10-oz.) jar C.advance tr ans olives
- 1 (10-oz.) jar roasted red peppers
- 1 (20 oz.) container rolled oats
- 1 (8-oz.) package chopped pecans
- 1 (35 oz.) can full-fat coconut milk
- 1 (750 mL) bottle white wine

## Produce
- 1 head garlic
- 4 lemons
- 2 medium tomatoes
- 3 medium russet potatoes
- 1 (10 oz.) container baby spinach
- 1 bunch basil
- 1 bunch parsley
- 1 (0.75 oz.) container dill

## Dairy, Milk & Eggs
- 6 large eggs
- ½ pint heavy cream
- 1 (4 oz.) log soft goat cheese
- 1 (5 oz.) tub crumbled feta cheese
- ½ gallon low-fat milk

## Meat, Poultry & Seafood
- 1 whole wild salmon fillet (about 1½ lbs.)
- 1 (8 oz.) package crumbled cooked bacon
- 4 chicken cutlets (4-5 oz. each)