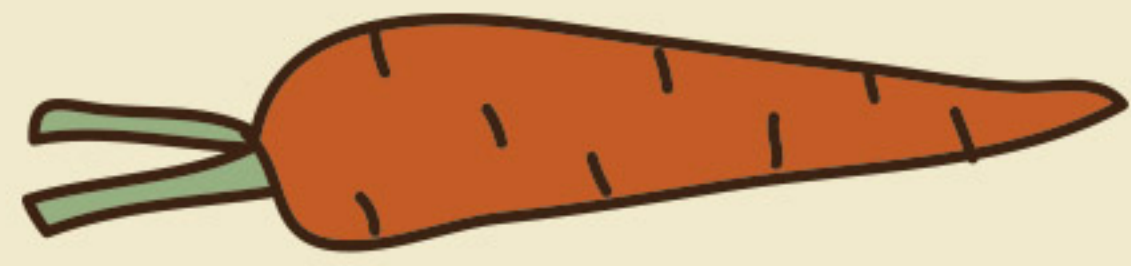




SHOPPING LIST



A WEEK OF HEALTHY MEAL-PREP FAMILY DINNERS



PRODUCE



- 1 large bunch basil
- 1 head garlic
- 1 small head green cabbage or one 14-oz. bag coleslaw mix (6 cups)
- 1 large package baby spinach (11 oz.)
- 1 small bag carrots
- 1 small head celery
- 4 sweet bell peppers
- 2 large sweet onions
- 3 medium yellow onions
- 1 small shallot
- 1 navel orange
- 1 lemon



FROZEN

- whole-wheat dinner rolls



CHECK YOUR PANTRY

- extra-virgin olive oil
- organic canola oil or avocado oil
- kosher salt, table salt
- pepper
- cumin
- chili powder
- dried oregano
- Italian seasoning
- Dijon mustard
- salsa

DELI, BAKERY, DAIRY & REFRIGERATED

- 1 small container guacamole (at least 1/2 cup)
- 4 to 6 oz. feta cheese
- 6 oz. shredded Mexican cheese blend
- 4 oz. shredded Monterey Jack cheese
- Parmigiano-Reggiano cheese (for 1/2 cup grated)
- 4 slices reduced-sodium provolone cheese
- Four 6-inch whole-wheat sub rolls, split

GROCERY

- Four 8-inch whole-wheat flour tortillas
- 8 corn tortillas
- 1 lb. whole-wheat rotini pasta
- 15-oz. can low-sodium black beans
- 15-oz. can no-salt-added white beans
- 1 jar Kalamata olives, pitted if desired (for 1/4 cup)
- Two 8-oz. cans no-salt-added tomato sauce
- 28-oz. can crushed tomatoes
- Two 32-oz. containers reduced-sodium chicken broth
- 1 small package dried sweetened cranberries (for 1/4 cup)
- 2 oz. sliced almonds (1/4 cup)

MEAT & SEAFOOD



- 6 boneless, skinless chicken thighs (about 1 1/2 lb.)
- 10-oz. package cooked chicken sausage (we like feta)
- 1 lb. ground beef, preferably grass-fed, 90% lean

