



# Easy Dinners for Stable Blood Sugar Levels

Shopping list for the week of June 10<sup>th</sup>-16<sup>th</sup>, 2023

## PANTRY STAPLES

- Salt
- Pepper
- Kosher salt
- Extra-virgin olive oil
- Canola oil
- Crushed red pepper
- Garlic powder
- Onion powder
- Chili powder
- Smoked paprika
- Ground coriander
- Cornstarch
- Dijon mustard
- Apple cider vinegar
- Red-wine vinegar
- Honey
- Granulated sugar
- Light brown sugar

## GROCERY

- 1 (1-qt.) carton barista-blend oat milk
- 1 (1-L.) bottle apple juice

- 1 (15-oz.) bottle low-sodium soy sauce
- 1 (10-oz.) rice vinegar
- 1 (8-oz.) jar chili garlic sauce
- 1 (19-oz.) can callaloo leaves
- 1 (9-oz.) jar pitted green olives
- 1 (15-oz.) can no-salt-added diced tomatoes
- 1 (3-oz.) jar capers
- 1 (1.5-oz.) bag dried lavender
- 1 (8-oz.) box chickpea pasta
- 1 (14-oz.) box microwaveable brown rice
- 1 (24-oz.) bag yellow cornmeal
- 1 (8-oz.) bag chopped walnuts
- 1 (12-oz.) box golden raisins
- 1 loaf whole-grain bread
- 1 (12-ct.) bag corn tortillas
- 1 (12-oz.) bag espresso ground coffee

## PRODUCE

- 3 lemons
- 4 limes
- 1 medium Bosc pear
- 1 small pineapple
- 1 medium cucumber
- 1 medium zucchini
- 2 medium red, orange and/or yellow bell peppers
- 1 small white onion
- 1 medium yellow onion
- 1 medium red onion
- 2 medium shallots
- 1 head garlic
- 1 medium red cabbage
- 4 medium stalks celery
- 2 medium potatoes
- 8 oz. carrots
- 1 (12-oz.) bag baby Yukon Gold potatoes
- 1 (12-oz.) bag fresh green beans
- 1 (1-lb.) bunch asparagus
- 1 (5-oz.) bag mixed baby lettuce

- 1 (5-oz.) bag mixed greens

- 1 bunch fresh scallions
- 1 bunch fresh parsley
- 1 large bunch fresh basil
- 1 bunch fresh dill
- 1 bunch fresh thyme

## DAIRY, MILK & EGGS

- 6 eggs
- 1 (1-qt.) carton whole milk
- 1 (5-oz.) container crumbled Gorgonzola cheese
- 1 (6-oz.) container crumbled feta cheese

## MEAT, POULTRY & SEAFOOD

- 1 lb. boneless skinless chicken breasts
- 1 lb. boneless skinless chicken breast tenderloins
- 1 ¼ lb. salmon fillet
- 1 lb. swordfish
- 1 (2-lb.) pork loin roast