



Simple High-Fiber Dinners for Spring

Shopping list for the week of June 17th-23rd, 2023

PANTRY STAPLES

- Salt
- Pepper
- Garlic powder
- Onion powder
- Italian seasoning
- Crushed red pepper
- Chili powder
- Ground cumin
- Oregano
- Paprika
- Bay leaves
- Salt-free lemon pepper
- Olive oil
- Extra-virgin olive oil
- Avocado oil
- Ketchup
- Dijon mustard
- Scotch bonnet hot sauce

GROCERY

- 2 (15-oz.) cans no-salt-added navy beans
- 1 (15-oz.) can unsalted pinto beans
- 1 (15-oz.) can black beans
- 1 (8-oz.) can tomato sauce
- 1 (12-oz.) jar molasses
- 1 (8-oz.) bag brown rice
- 1 (16-oz.) box whole-wheat rotini
- 1 (16-oz.) box whole-wheat orzo
- 1 (8-oz.) package quinoa
- 1 (8-ct.) package medium corn tortillas
- 1 (32-oz.) container "no-chicken" chicken broth
- 1 (32-oz.) container reduced-sodium vegetable broth
- 1 (750-mL.) bottle dry white wine
- 1 (5-oz.) container pico de gallo

PRODUCE

- 2 heads garlic
- 1 medium shallot
- 2 medium onions
- 1 medium red onion
- 1 head broccoli
- 1 head cauliflower
- 1 bag sugar snap peas
- 1 (10-oz.) bag frozen peas
- 2 ears corn
- 3 medium poblano peppers
- 2 medium jalapeño peppers
- 1 medium red bell pepper
- 1 medium green bell pepper
- 1 medium tomato
- 2 medium tomatillos
- 1 medium avocado
- 2 (10-oz.) bags baby spinach
- 6 lemons

- 1 bunch chives
- 1 bunch basil
- 1 bunch cilantro

DAIRY, MILK & EGGS

- 2 (8-oz.) bags shredded Monterey-Jack cheese
- 1 (8-oz.) bag shredded cheddar cheese
- 1 (6-oz.) tub grated Parmesan cheese
- 1 (4-oz.) package goat cheese
- 1 (8-oz.) tub sour cream
- 1 stick unsalted butter

MEAT, POULTRY & SEAFOOD

- 1 lb. lean ground beef
- 1 lb. shredded cooked chicken breast
- 1 lb. medium raw shrimp, peeled and deveined
- 4 (5-oz.) skin-on salmon fillets