



Yummy Dinners to Prep in 25 Minutes or Less for Better Blood Sugar

Shopping list for the week of July 29th -August 4, 2023

PANTRY STAPLES

- Salt
- Kosher salt
- Black pepper
- Whole black peppercorns
- Extra-virgin olive oil
- Canola Oil
- Cooking spray
- Granulated sugar
- Rice vinegar
- Red-wine vinegar
- Honey
- Maple syrup
- Dijon mustard

GROCERY

- 1 (4-ct.) package whole-wheat pita bread
- 1 (6-ct.) package frozen corn on the cob
- 1 (16-oz.) bag quinoa
- 1 (4-oz.) bag toasted, sliced almonds
- 2 (15.5-oz.) cans no-salt-added chickpeas
- 1 (15-oz.) bottle reduced-sodium soy sauce

- 1 (16-oz.) jar tahini
- 1 (16-oz.) jar natural peanut butter
- 1 (12-oz.) box crispy rice cereal
- 1 (10-oz.) bag dark chocolate chips
- 1 (6-oz.) jar kalamata olives
- 1 (1.5-oz.) bottle pickling spice
- 1 (14.5-oz.) can unsalted beef stock
- 1 (750-mL.) bottle dry white wine

PRODUCE

- 1 bunch fresh sage
- 1 bunch fresh chives (optional)
- 1 bunch fresh oregano
- 1 bunch fresh dill
- 1 bunch fresh parsley
- 1 medium head green cabbage
- 1 medium head cauliflower
- 1 (5-oz.) package prewashed mixed greens
- 16-oz. white button or cremini mushrooms
- 16-oz. trimmed green beans
- 1 (10-oz.) bag shredded carrot

- 1 (1-lb.) carrots
- 2 pints cherry tomatoes
- 2 medium heads garlic
- 1 medium red onion
- 1 (2-in.) piece fresh ginger
- 1 large sweet potato
- 1 (1.5 lb.) bag baby red potatoes
- 1 large yellow squash
- 1 avocado
- 5 medium lemons

DAIRY, MILK & EGGS

- 1 stick butter
- 1 (6-oz.) container crumbled feta cheese

MEAT, POULTRY & SEAFOOD

- 1 lb. chicken cutlets
- 4 (6-oz.) skinless, boneless chicken breasts
- 1 (2.5-lb) boneless beef shoulder pot roast
- 1¼ lb. wild-caught salmon
- 4 (6-oz.) flounder fillets