

Shopping List

High-Protein Dinner Plan

It's **5:15 p.m.**
What's for?
Dinner?
EatingWell

PANTRY STAPLES

- Salt
- Black pepper
- Extra-virgin olive oil
- Canola oil
- Rice vinegar
- White whole-wheat flour
- Light brown sugar
- Baking powder
- Baking soda
- Vanilla extract

GROCERY

- 1 whole-grain baguette
- 1 (8-ct.) whole-wheat tortillas
- 3 (8.8-oz.) packages microwaveable brown rice
- 2 (8-oz.) packages microwaveable black lentils
- 1 (15-oz.) can no-salt-added fire-roasted tomatoes
- 1 (15-oz.) can no-salt-added black beans
- 1 (10-oz.) bag frozen corn kernels
- 1 (5-oz.) jar pitted Castelvetrano olives
- 1 (15-oz.) can unseasoned pumpkin puree

- 1 (14-oz.) package extra-firm tofu
- 1 (10-oz.) can red enchilada sauce
- 2 (6.7-oz.) packages no-salt-added tuna fillets in water
- 1 (2-oz.) jar dried rosemary
- 1 (2-oz.) jar sesame seeds (black and/or white)
- 1 (1-oz.) packet 30%-lower-sodium taco seasoning
- 1 (2-oz.) jar pumpkin pie spice
- 1 (2-oz.) jar instant espresso powder
- 1 (16-oz.) package confectioners' sugar
- 1 (12-oz.) bottle white-wine vinegar
- 1 (8.5-oz.) bottle white balsamic vinegar
- 1 (12-oz.) bottle tart cherry juice concentrate
- 1 (8-oz.) bag chopped walnuts

PRODUCE

- 1 bunch fresh cilantro
- 1 bunch fresh basil
- 1 (5-oz.) package baby arugula
- 1 (10-oz.) package angel hair coleslaw
- 1 (5-oz.) package spring mix salad greens

- 1 (9-oz.) package shaved Brussel sprouts
- 1 (6.7- to 8.8-ounce) package cooked beets
- 1 large bunch kale
- 2 stalks celery
- 2 mini cucumbers or 1 English cucumber
- 1 (4-oz.) tube refrigerated garlic paste
- 1 (4-oz.) tube refrigerated ginger paste
- 1 large lemon
- 1 medium lime
- 1 small Granny Smith apple
- 2 medium radishes

DAIRY, MILK & EGGS

- 1 (6-ct.) carton eggs
- 1 (1-qt.) bottle milk
- 1 (4-oz.) stick butter
- 1 (8-oz.) package reduced-fat cream cheese
- 1 (8-oz.) bag shredded Mexican cheese blend
- 1 (4-oz.) package crumbled goat cheese

MEAT, POULTRY & SEAFOOD

- 1 lb. sirloin steak
- 10 oz. cooked chicken breast