

## Shopping List

# No-Sugar-Added Dinner Plan

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

### PANTRY STAPLES

- Salt
- Black pepper
- Crushed red pepper
- Ground cumin
- Ground cinnamon
- Dried thyme
- Cornstarch
- Canola oil
- Extra-virgin olive oil
- Balsamic vinegar
- Vanilla extract

### GROCERY

- 2 (15-oz.) cans no-salt-added black beans
- 1 (6-ct.) package whole-grain hamburger buns
- 1 (12-oz.) package whole-wheat fusilli
- 1 (8.8-oz.) package cooked quinoa
- 1 (16-oz.) package quick-cooking grits
- 1 (16-oz.) package quick-cooking oats

- 1 (8-oz.) box whole-wheat panko breadcrumbs
- 1 (16-oz.) bag almond flour or almond meal
- 1 (12-oz.) jar almond butter or natural peanut butter
- 1 (8-oz.) package raisins or dates
- 1 (8-oz.) carton unsalted chicken broth
- 1 (3.5-oz.) jar capers
- 1 (2-oz.) bottle blackening seasoning
- 1 (5-oz.) bottle vegan Worcestershire sauce
- 1 (750-mL.) bottle dry white wine

### PRODUCE

- 1 (16-oz.) package frozen peas
- 1 (10-oz.) package frozen peas
- 2 (8-oz.) packages cremini mushrooms
- 2 medium bananas
- 1 bunch fresh mint
- 1 bunch fresh basil or cilantro (for vinaigrette)
- 20 oz. spinach
- 1 (5-oz.) package mixed salad greens

- 1 bunch scallions (optional)
- 3 large lemons
- 2 heads garlic
- 1 medium shallot
- 4 ears corn

### DAIRY, MILK & EGGS

- 2 large eggs
- 1 (1-qt.) bottle whole milk
- 1 (8-oz.) package unsalted butter
- 1 (6-oz.) bag grated Parmesan cheese
- 1 (4-oz.) package crumbled goat cheese
- 1 (8-oz.) block smoked Gouda cheese

### MEAT, POULTRY & SEAFOOD

- 4 (4-oz.) boneless center-cut pork chops
- 1¼ lb. medium peeled, deveined raw shrimp
- 1 lb. trimmed top sirloin steak (¾-inch thick)