



Simple Anti-Inflammatory Dinners for Fall

Shopping list for the week of September 16th-22nd, 2023

PANTRY STAPLES

- Extra-virgin olive oil
- Canola oil
- Grapeseed oil
- Black pepper
- Salt
- Kosher salt
- Ground cumin
- Ground turmeric
- Cayenne pepper
- Chili powder
- Soy sauce
- Rice vinegar
- Brown sugar
- Maple syrup
- Cornstarch
- Crushed red pepper
- Vanilla extract

GROCERY

- 1 (10-oz.) package frozen mixed berries
- 1 (8-oz.) pouch micro-wavable brown rice

- 1 (15-oz.) can no-salt-added pinto beans
- 1 (15-oz.) can low-sodium cannellini beans
- 1 (8.5-oz.) bottle balsamic glaze
- 1 (8-oz.) bottle whole-grain mustard
- 1 (8-oz.) jar oil-packed sun-dried tomatoes
- 1 (10-oz.) can mild green enchilada sauce
- 1 (16-oz.) package shelf-stable gnocchi
- 2 (32-oz.) cartons low-sodium chicken broth
- 1 (15-oz.) can light coconut milk
- 1 (5-oz.) bag roasted unsalted pepitas
- 1 (2-oz.) jar toasted sesame seeds
- 1 (8-oz.) jar almond butter (no added sugar)
- 1 (16-oz.) box whole-wheat orzo
- 1 loaf whole-wheat country bread
- 1 whole-wheat baguette

PRODUCE

- 1 bunch fresh rosemary
- 1 bunch fresh basil
- 1 bunch fresh cilantro
- 1 bunch fresh scallions
- 1 bunch fresh oregano
- 1 lb. fresh asparagus
- 2 (5-oz.) packages baby spinach
- 1 large head broccoli
- 1 small head green cabbage
- 1¼ lbs. Yukon Gold potatoes
- 1 medium sweet potato
- 1 large butternut squash
- 1 bulb garlic
- 1 large shallot
- 1 serrano pepper
- 2 medium yellow onions
- 1 medium white onion
- 1 small red onion
- 1 (3-inch) piece ginger

- 1 medium banana
- 1 small apple
- 2 medium lemons
- 3 medium limes
- 1 medium stalk celery
- 3 large carrots

DAIRY, MILK & EGGS

- 1 (32-oz.) bottle plain Kefir
- 1 pint heavy cream
- 1 (8-oz.) bag shredded smoked Gouda
- 1 (12-ct.) pack egg wraps with cauliflower
- 1 (10-oz.) pack queso fresco
- 1 (3-oz.) pack Parmesan cheese

MEAT, POULTRY & SEAFOOD

- 4 (5-oz.) skinless salmon fillets
- 1 lb. thinly sliced sirloin steak
- 1 (14-oz.) bag chicken meatballs