



500-Calorie Dinners in 3 Steps or Less

Shopping list for the week of September 30th - October 6th, 2023

PANTRY STAPLES

- Salt
- Pepper
- Ground cumin
- Chili powder
- Canola oil
- Extra-virgin olive oil
- Mayonnaise
- Butter
- Honey
- All-purpose flour
- Cornstarch
- Sugar

GROCERY

- 1 (10-oz.) bag corn tortilla chips
- 3 (8-oz.) pouches microwaveable brown rice
- 1 (16-oz.) package quinoa
- 1 (16-oz.) box whole-wheat rotini pasta
- 1 (16-oz.) bag large whole-wheat pita bread
- 1 (6-oz.) can tomato paste
- 1 (28-oz.) can no-salt-added whole peeled tomatoes, preferably San Marzano

- 1 (8-oz.) can no-salt-added tomato sauce
- 2 (15-oz.) cans no-salt-added cannellini beans
- 1 (15-oz.) can no-salt-added black beans
- 1 (6-oz.) jar pitted Kalamata olives
- 1 (32-oz.) carton no-salt-added chicken broth
- 1 (750-mL.) bottle dry white wine
- 1 (10-oz.) bottle mirin
- 1 (6.8-oz.) bottle reduced-sodium tamari (or soy sauce)
- 1 (8.4-oz.) bottle toasted sesame oil
- 1 (5-oz.) jar chile-garlic sauce
- 1 (16-oz.) container loose-leaf Thai tea mix
- 1 (32-oz.) carton unsweetened almond milk (plain or vanilla)

PRODUCE

- 1 (5-oz.) container mixed greens
- 1 (5-oz.) package baby spinach
- 2 large zucchini

- 1 (16-oz.) package broccoli florets
- 1 1/2 pounds Brussels sprouts
- 1 large red bell pepper
- 3 plum tomatoes
- 2 small avocados
- 1 lime
- 3 lemons
- 1 red onion
- 2 medium yellow onions
- 1 bunch cilantro
- 1 bunch basil
- 1 bunch oregano
- 1 bunch parsley
- 1 jalapeño pepper (optional)

- 2 heads garlic
- 1 (3-in.) piece ginger
- 1 bunch scallions

DAIRY, MILK & EGGS

- 1 large egg
- 1 (8-oz.) package shredded Mexican-blend cheese
- 1 (15-oz.) container whole-milk ricotta cheese

- 1 (5-oz.) container grated Parmesan cheese
- 1 (8-oz.) wedge fontina cheese
- 1 (6-oz.) container crumbled feta cheese
- 1 (4-oz.) container crumbled goat cheese
- 1 (8-oz.) package reduced-fat cream cheese
- 1 (8-oz.) bag shredded part-skim mozzarella cheese
- 1 half-pint low-fat buttermilk
- 1 quart milk (whole or reduced-fat)
- 1 pint half-and-half

MEAT, POULTRY & SEAFOOD

- 1 (16-oz.) container shredded cooked chicken breast
- 2 pounds boneless, skinless chicken breast
- 1 (9-oz.) package chicken sausage
- 2 pounds wild-caught salmon fillet, skinned
- 1 pound large peeled, deveined raw shrimp