

## Shopping List - ingredients to serve 6

\*\*in the shopping list are for the serving suggestion items. If you choose to do a different side dish, please alter that on your shopping list.

### MEAT:

10 boneless skinless chicken breast halves  
2 1/4 lbs. cube steaks  
2 (1.5 lb.) salmon fillets

### CONDIMENTS:

Extra-virgin olive oil  
Honey (you need 1/2 cup) (1/4 c)

### PRODUCE:

1-2 limes (you need 2 tablespoons juice)  
1 bunch green onions  
3 pounds onions (keep on hand  
potatoes (keep on hand) ) \*\*(and for mashed  
potatoes)(1 meal)  
1 head garlic  
4 small green bell pepper  
10 whole mushrooms (sliced)  
1 jalapeno pepper, minced  
1 bunch parsley  
\*\*broccoli (2 meals)  
\*\*butternut squash (1 meal)  
\*\*kale (1 meal)  
\*\*Summer squash (1 meal)  
\*\*fresh spinach (for salads)  
\*\*baby carrots (1 meals)  
\*\*1-2 heads lettuce (NOT Iceberg)  
\*\*mango

### CANNED GOODS:

2 (14.5 oz.) cans beef broth (get gluten-free)  
2 (15 oz.) cans black beans  
2 (14.5 oz.) cans chopped tomatoes

### SPICES: (check all are gluten-free)

Red pepper flakes  
Italian seasoning  
Cumin  
Nutmeg  
Garlic powder  
Onion powder

### DAIRY/DAIRY CASE:

Margarine (you need 1 tablespoons – more if  
you like it in potatoes)  
3 egg whites (keep 1 dozen on hand)  
milk (or non-dairy substitute)  
16 oz. ricotta cheese (or tofu cream cheese)  
1/3 cup parmesan cheese (or vegan gluten-  
free alternative)  
1/2 cup Monterey jack cheese (or vegan  
gluten-free mozzarella)

### FROZEN FOOD:

Orange juice concentrate (you need 2  
tablespoons)  
1 (10 oz.) chopped spinach  
1 (10 oz.) bag peas and carrots  
\*\*Gluten-free bread (or ingredients to make  
own)

### DRY GOODS:

Corn starch (use what you have – you need  
1 1/2 tablespoons)  
2 cups gluten-free macaroni  
brown rice (need 2 cups)  
\*\*Quinoa (enough for 6 servings)  
\*\*Gluten-free corn muffin mix, or ingredients  
to make from scratch  
\*\*2-3 pound brown rice (enough for 3 meals)