GROCERY LIST

FOR THE WEEK OF: _____

PRODUCE

- Onion
- Celery
- Garlic
- Tomato
- Baby Spinach
- Red Onions
- Ginger
- Zuchinni
- Squash
- Mushrooms
- Carrots
- Red Pepper
- Cilantro
- Avocado
- Lime
- Shredded Lettuce

OPTIONAL

FRIDGE

- Chive-and-Onion
- Cream Cheese
- Mozzarella Cheese

MEATS

- Boneless/Skinless
- Chicken Breasts

FREEZER

- Frozen Spinach
- Peas
- Puff Pastry
- Corn

PANTRY

- Olive Oil
- Dill
- Basil Leaves
- Tamari
- Rice Vinegar
- Hoisin Sauce
- Sesame Oil
- Cornstarch
- Cumin
- Chili Powder
- Vegetable Stock
- Rigatoni Pasta
- Elbow Pasta
- Flour
- Coconut Milk
- Chicken Broth
- Tuna
- Pizza Sauce
- Black Olives
- Black Beans
- Italian-style Diced Tomatoes
- Brown Rice