

Grocery List

PRODUCE

- 4 cups mushrooms
 - 3 cups yellow onion
 - 6 cloves garlic
 - ¼ cup parsley
 - 1 head green leaf lettuce (optional – topping for tacos)
 - 2 Roma tomatoes (optional – topping for tacos)
 - 1 avocado or guacamole (optional – topping for tacos)
 - 5 cups carrot
 - 3 cups celery
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MEAT/POULTRY/DAIRY

- 1 ½ lb lean beef stew meat
 - 2 ½ lb boneless skinless chicken breasts (if using chicken in the chickpea soup, purchase 3 lb)
 - 1 cup non-fat plain Greek yogurt
 - ½ cup shredded cheese (optional – topping for tacos)
 - 6 tbsp unsalted butter
 - 2/3 cup 1% milk
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FROZEN

- 1 cup frozen peas
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SPICES

- 1 ¾ tsp salt
- 1 ¼ tsp pepper
- 2 tsp dried thyme
- 2 tsp dried basil
- 1 tsp dried oregano
- ½ tsp dried rosemary
- 2 bay leaves

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OTHER

- 1 10.75 oz can low sodium cream of mushroom soup
- 3/4 cup low sodium beef broth
- 3 tbsp Worcestershire sauce
- 1 10 oz package whole wheat egg noodles
- 1 1/2 cups farro
- 2 13.5 oz cans light coconut milk
- 3 tbsp brown sugar
- 1 1.25 oz pkg low sodium taco seasoning
- 1 16 oz jar salsa
- 1 pkg 6 inch whole wheat flour tortillas
- 1 540 ml can black beans (optional – topping for tacos)
- 6 cups low sodium vegetable broth
- 1 540 ml can chickpeas
- 1 cup whole wheat pasta
- 1 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1 1/2 tsp baking powder