

Grocery List

PRODUCE

- 3 cups asparagus
 - 3 ¼ cups Roma tomatoes
 - ½ cup green onions
 - 1 medium zucchini
 - 3 cups baby arugula
 - 1 cup cherry tomatoes
 - ¼ cup basil
 - 3-4 lemons (¾ cup juice + 2 tsp peel)
 - 3 cloves garlic
 - 1⅓ cups red onion
 - ½ cup sweet onion
 - 3 cups romaine lettuce
 - 2 cucumber
 - 2 tbsp cilantro
 - 1 tbsp dill
 - 3 large stalks rhubarb (alternatively, can purchase frozen chopped rhubarb)
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MEAT/POULTRY/DAIRY

- 6 eggs
 - 1 ¼ cup 1% milk
 - ⅓ cup shredded asiago cheese
 - ¾ cup butter
 - ¾ cup feta cheese
 - 2 ¼ cups plain 2% Greek yogurt
 - 1 ½ lb boneless skinless chicken breasts
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FROZEN

- 1 9-inch pie crust
 - 1 cup frozen berries
 - ¾ cup frozen peas
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SPICES

- 2 tsp salt
- 1 ¼ tsp pepper
- 2 tsp cinnamon
- 1 ½ tsp dried oregano
- 1 tsp dried thyme
- ½ tsp ground coriander

Grocery List

DRY GOODS

- 1 can of salmon
- 2 ½ cups whole wheat flour
- ½ cup all-purpose flour
- ¾ cup brown sugar
- ¼ cup granulated sugar
- ¼ unsweetened applesauce
- ½ cup large flake oats
- 1 tbsp ground flaxseed
- 2 tsp baking powder
- 1 8 oz package orzo pasta
- 1 6 oz jar artichoke hearts
- ¼ cup olive oil
- 2 tsp Dijon mustard
- 2 tsp maple syrup
- 1 tbsp red wine vinegar
- 1 package 6-inch whole wheat pita bread
- 1 small jar pitted Kalamata olives (optional)
- 1 tbsp chia seeds
- 1 tsp honey
- ¾ cup graham cracker crumbs