

Grocery List

PRODUCE

- 1 Granny Smith apple
 - 1 orange (for juice)
 - 4 medium bananas
 - 1 yellow onion
 - 4 carrots
 - 1 stalk celery
 - 3 cloves garlic
 - 1 250g pkg mushrooms
 - 1 green bell pepper
 - 2 medium red beets
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MEAT/POULTRY/DAIRY

- 6 eggs
 - ¾ cup 1% milk
 - ¾ cup + 2 tsp butter
 - 1 tbsp parmesan cheese
 - 1 lb boneless skinless chicken breasts
 - 1 lb lean ground beef
 - 1 250g pkg cream cheese
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FROZEN

- ½ cup frozen blueberries
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DRY GOODS

- 8 slices whole wheat bread
- ½ cup dry breadcrumbs
- 1 pkg 6-inch whole wheat tortillas
- ½ cup shredded wheat bites cereal
- 1 pkg whole wheat spaghetti noodles
- 1 cup all-purpose flour
- ¾ tsp baking soda
- 2 tbsp ground flaxseed
- ½ cup almond butter (or other nut butter)
- 1 796mL can crushed tomatoes
- 1 cup + 1 tsp granulated sugar
- ¼ cup icing sugar
- ¼ cup pure maple syrup
- 1 ½ tsp unsweetened cocoa powder
- 1 540mL can lentils
- 1 ½ tsp vanilla

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SPICES

- 2 ½ tsp salt
- 1 tsp pepper
- 1 ½ tsp cinnamon
- ½ tsp garlic powder
- 1 tsp dried oregano
- 2 tsp dried basil
- ½ tsp cayenne pepper