

# Grocery List

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## PRODUCE

- 2 medium yellow onions
  - 7 cloves of garlic
  - 2 cups mushrooms
  - 3 cups baby spinach
  - 1 bunch green onions
  - 1 lemon
  - 3 limes
  - 1 medium cucumber
  - 1 head green leaf lettuce
  - 1 jalapeno pepper
  - 1 bunch cilantro
  - 2 small zucchini
  - 1 bunch fresh basil
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## MEAT/POULTRY/DAIRY

- 5 boneless skinless chicken breasts
  - 1 lb lean ground beef
  - 1 cup half and half cream
  - ¼ cup grated Parmesan cheese
  - 1 ¾ cups low-fat plain Greek yogurt
  - 2 cups Mexican shredded cheese blend
  - 6 tbsp unsalted butter
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## DRY GOODS

- 1 tbsp olive oil
- 4 tsp canola oil
- ¼ cup dry white cooking wine
- 1 small jar sundried tomatoes packed in oil
- 3 ¼ cups no-salt-added chicken broth
- 2 500 g packages gnocchi
- 1 540 mL can chickpeas
- 3 tbsp dried cranberries or raisins
- 2 tbsp mayonnaise
- 2 tsp grainy mustard
- 8 slices whole wheat bread
- 4 tbsp all-purpose flour
- 1 398 mL can tomato sauce
- 1 398 mL can black beans
- 1 341 mL can corn kernels
- 10 six-inch flour tortillas
- ¼ cup Thai green curry paste
- 1 400 mL can unsweetened coconut milk
- 1 ¼ cups graham crackers
- 1 tbsp granulated sugar
- 1 7 g package unflavoured gelatin
- 1 300 mL can low-fat sweetened condensed milk
- 1 package frozen phyllo dough

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## SPICES

- 1 ½ tsp salt
- 1 tsp pepper
- 2 tsp curry powder
- ¼ tsp garlic powder
- ¼ tsp cayenne pepper
- 3 tbsp chili powder
- 1 tsp ground cumin
- ½ tsp dried oregano