

# Grocery List

Week of: 5/2-5/6

## Produce:

- 2 red onion
- garlic- 10 cloves
- spinach or kale-5 oz
- mixed greens or romaine
- grape tomatoes- 2 pkg
- avocado-3
- 1 yellow onion
- cilantro- 1 sm bunch
- jalapeño
- asparagus- 2 bunches
- lemon- 2
- spring mix (mixed green
- celery-2 sticks
- english cucumber-1
- italian parsley- 1 bunch
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## Oils, Sauces & Condiments:

- dijon mustard
- honey
- mayonnaise
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## Dry Goods or Bakery

- tortilla chips or strips
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## Baking & Spices:

- onion powder
- garlic powder
- arrowroot powder
- italian seasoning
- nutritional yeast
- almond flour
- paprika
- chili powder
- cumin
- oregano
- cayenne pepper
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## Frozen:

- Corn- 1 bag
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## Meat & Seafood:

- 1.5 lbs salmon
- chicken tenders- 10-12
- bacon
- chicken breasts- 2-3 lb
- prosciutto -8 slices
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## Canned or Jarred:

- chicken broth- 2 x 24 oz carton
- coconut milk- 1 can
- sun dried tomatoes- 4 oz
- great northern beans- 2 cans
- diced green chilis- 2 (4 oz) cans
- capers- 2 oz
- tuna- 4 x 6 oz cans
- chickpeas (garbanzo beans)-2 cans
- kalamata olives- 4 oz

## Dairy, Cheese & Eggs

- eggs-2
- reduced fat cream cheese
- half & half - 2 oz
- greek yogurt or sour cream
- shredded monterey jack cheese
- shredded mozzarella cheese- 4 oz
- butter
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