

GROCERY LIST #10

DAIRY/COLD SECTION

Shredded cheddar cheese

Butter

Feta cheese

Parmesan cheese

Sour cream or Greek yogurt (optional)

PRODUCE

Onions

Red bell pepper

Cilantro or chives (optional)

Fresh thyme (or use dried)

Broccoli

Parsley (optional)

Asparagus

Lemon

Cauliflower

Tomato

Green onion

PANTRY

Canned Chickpeas

Canned diced tomatoes

Ground cumin

Pepper

Salt

Panko breadcrumbs

Farro

Olive oil

Wide egg noodles

Garlic powder

Tomato paste

Dijon mustard

Dried oregano

Cooking oil

Chili powder

White rice

Canned black beans

Chicken or beef broth

MEAT/PROTEIN

Kielbasa

Chicken thighs, boneless skinless

Frozen Shrimp, peeled and deveined, with or without tail

Chicken breasts, boneless skinless

Lean ground beef