

GROCERY LIST #7

BAKERY

Hamburger buns

Pita Bread

DAIRY/COLD SECTION

Parmesan cheese

Hummus or Tzatziki

Dill Pickles (my favorites are sold cold)

Shredded mozzarella

Shredded cheddar

Feta cheese

Ricotta

Butter/margarine

PRODUCE

Celery

Cucumber

Onions

Red onion

Tomatoes

Bell peppers

Garlic

Lemons

Spinach leaves

PANTRY

Cooking oil

Olive oil

Low-sodium chicken stock

Low-sodium beef stock

Balsamic vinegar

Salt

Black pepper

Cayenne pepper

Cinnamon

Ground cloves

Crush red pepper flakes

Ground cumin

Garlic powder

Italian seasoning

Saffron

Ketchup

Yellow mustard

Ranch

Canned diced tomatoes

Chickpeas

Lasagna noodles

Arborio rice

Long grain rice

Pasta (small shapes that cook quickly)

Tomato sauce

MEAT/PROTEIN

Boneless skinless chicken thighs

Lean ground beef (2 recipes)

Medium shrimp, peeled, deveined, no tail

Pre-cooked bacon

Spanish or Portuguese chorizo, or kielbasa

FREEZER

Green peas