

GROCERY LIST #13

DAIRY/COLD SECTION

Parmesan cheese (2 meals)

Butter

Whole milk

Sour cream (or Greek yogurt; 3 meals)

Cojita cheese (or feta or queso fresco)

Shredded cheddar cheese

PRODUCE

Cauliflower

Cucumber (2 meals)

Chives (2 meals)

Lime (2 meals)

Broccoli

Fresh thyme

Potatoes (2 meals)

Fresh dill

Fresh cilantro

Asparagus

Baby bella/Crimini mushrooms

Garlic

Fresh parsley (optional)

PANTRY

Tomato Paste

Olive oil

Dijon mustard

Dry oregano

Garlic powder

Salt

Rice (2 meals)

Black pepper

Sesame seeds

All-purpose flour

Nutmeg

Mayonnaise

Chili powder

Vegetable oil

MEAT/PROTEIN

Chicken (2 meals)

Pork tenderloin (2 meals)

Bacon

Steaks

Frozen

Frozen corn (or canned)