

GROCERY LIST #14

DAIRY/COLD SECTION

Hummus

Shredded cheddar cheese (2 meals)

Sour cream (2 meals)

Eggs

Milk

Shredded mozzarella cheese

Butter

Parmesan cheese

PRODUCE

Cauliflower Rice

Avocados

Cucumber

Radishes

Fresh dill

Iceberg lettuce

Green onions (3 meals)

Bell peppers (2 meals)

Onion

Tomato

Baby kale

Ginger root

Garlic

Broccoli

Potatoes

Asparagus

PANTRY

Olive oil

Lemon juice

Salt

Black pepper

Low-sodium chick peas (garbanzo beans)

Toasted sunflower seeds

Taco seasoning

Salsa (2 meals)

Ramen noodles

Vegetable oil

Sesame oil

Red pepper flakes

Low-sodium beef broth

Low-sodium soy sauce

White sugar

Aluminum-free baking powder (Rumford brand, for instance)

Wing sauce

Coarse sea salt

MEAT/PROTEIN

Ground turkey

Bacon (2 meals)

Steak (rib eye, NY Strip, or flank)

Chicken wings