

## Grocery List #19

**THINGS YOU MAY ALREADY HAVE** (add them to the list below if you don't have them):

Olive oil***	Ground cumin	Low-sodium beef stock
Garlic cloves***	Ground turmeric	Canned diced tomatoes
Salt*****	Ground cayenne pepper**	Dried thyme
Black pepper***	Canned crushed tomatoes	Cooking spray
Dried oregano	Low-sodium chicken stock	Salsa
Salad dressing**	Rice**	Unsalted butter
Onion**	All-purpose flour	
Garam masala	Vegetable oil	

**THINGS YOU MAY NEED TO GET:**

### BAKERY

Pita bread\*\*

Tortillas – corn or flour

Sliced Italian bread

### DAIRY/COLD SECTION

Feta cheese

Greek yogurt\*\*\*

Shredded cheddar cheese

Sliced mozzarella cheese

### PRODUCE

Lemons\*\*

Bell peppers (red, yellow, green or combo)\*\*

Red onion

Cherry tomatoes

English cucumber\*\*

Chives

Crunchy veggies for fridge salad\*\*\*

Fresh ginger

Celery\*\*

Tomato

Fresh basil leaves

### DRY GOODS

Kalamata olives

Gumbo filé powder

### MEATS/SEAFOOD

Chicken breasts – boneless, skinless\*\*\*

Andouille Sausage

Large shrimp – peeled and deveined

\*This item is either used in multiple recipes, in multiple meals, or in unexpectedly large amounts. The number of asterisks notes the number of uses.