

Week 1 Shopping List...

Dairy

Dozen Eggs

Small Container Egg Whites

Dry Goods

Kosher Salt

Pepper

Olive Oil (extra virgin preferred)

White Beans

Black Beans

Brown Rice

Bulgur Wheat

Wild Rice (no refined white rice)

Couscous (no instant)

Chicken Broth (optional)

Grain Mustard

Dijon Mustard

Red Wine Vinegar

White Wine Vinegar

Kalamata Olives

Dried Oregano

Thai Chili Sauce (optional)

Paul Prudhomme Blackened Red Fish
Spice

Proteins

3 lb. Whole Chicken

12 skinless, boneless chicken breasts

_ lb. ground chicken

3 packages soft or firm tofu

1 turkey breast

2 pork tenderloins

1 _ lb. beef (no high fat cuts like skirt
steak)

16 large shrimp

4 6 oz. filets of fresh Grouper

Frozen

1 package frozen peas

Produce

3 vidalia or white onions

3 red onions

12 pearl onions (or 1 additional white
onion)

1 leek

4 shallots

2 heads of garlic

1 jalapeno pepper

8 green tomatillas

10 ripe beefsteak tomatoes

2 packages cherry or grape tomatoes

6 carrots

2 bags of mixed greens

2 packages snow peas (about 1 _ lbs.)

2 pieces of large eggplant

1 head of broccoli

2 bunches asparagus

2 soft, ripe avocado

3 cucumber

1 bag of spinach

1 bunch of raddish

6 red peppers

1 head of fennel

5 green zucchini

2 limes

9 lemons

1 orange

Herbs

1 bunch tarragon

1 bunch cilantro

2 bunch basil (1 if they are large)

1 bunch rosemary

1 bunch thyme

1 bunch mint

4 bunches parsley