

Week 3 Shopping List...

Dairy

Egg whites
Egg Beaters

Dry Goods

Kosher Salt
Pepper
Olive Oil (extra virgin preferred)
Sesame Oil
Liquid Aminos
White Beans
Black Beans
Brown Rice
Bulgur Wheat
Wild Rice (no refined white rice)
Couscous (no instant)
Chicken Broth (optional)
Grain Mustard
Dijon Mustard
Rice Wine Vinegar
White Wine Vinegar
Kalamata Olives
Dried Oregano
Artichokes (2 cans)
Thai Chili Sauce (optional)
Roasted Red Peppers

Proteins

3 lb. Whole Chicken
4 skinless, boneless chicken breasts
1 _ lb. ground chicken
4 Lean Pork Chops
8 filets of halibut
4 filets of grouper
36 large shrimp
4 6 oz. filets of fresh flounder
3 5 oz. beef filets

Frozen

Produce

2 vidalia or white onions
3 red onions
6 shallots
2 heads of garlic
1 jalapeno pepper
8 ripe beefsteak tomatoes
2 packages cherry or grape tomatoes
5 carrots
1 bag of mixed greens
1 package snow peas (about 1 _ lbs.)
2 head of broccoli
1 cucumber
2 bags of spinach
2 red peppers
4 ears of corn
2 bunches scallion
2 chayote squash (or cucumber)
1 package large white mushrooms
1 package shitake mushrooms
4 pieces portabella mushrooms
1 head celery
1 head of bibb lettuce
1 butternut squash (small)
1 gala apple
2 bunches of kale
2 lbs. green beans
1 lb. yellow wax beans
1 large head of escarole
5 green zucchini
3 limes
6 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 chives
1 bunch mint
3 bunches parsley