

Week 6 Shopping List...

Dairy

Small Container Egg Whites

Dry Goods

Kosher Salt
Pepper
Olive Oil (extra virgin preferred)
Brown Rice
Wild Rice (no refined white rice)
Couscous (no instant)
Basmati Rice
Quinoa
Chicken Broth (optional)
Grain Mustard
Dijon Mustard
Balsamic Vinegar
Kalamata Olives
Capers
Thai Chili Sauce (optional)
Liquid Aminos
Paul Prudhomme Blackened Red Fish
Spice

Proteins

4 skinless, boneless chicken breasts
1 lb. ground turkey
2 packages soft or firm tofu
2 pork tenderloins
12 large scallops
4 6 oz. filets of tilapia
4 6 oz. filets of salmon
4 6 oz. filets of swordfish
1 can of lump crab meat (1 lb.)

Frozen

1 package frozen peas

Produce

3 vidalia or white onions
2 red onions
4 shallots
2 heads of garlic
10 ripe beefsteak tomatoes
2 packages cherry or grape tomatoes
4 carrots
1 head of romaine
1 bunch of watercress
2 packages snow peas (about 1 _ lbs.)
2 pieces of large eggplant
1 head of broccoli
2 bunches asparagus
2 soft, ripe avocado
2 cucumber
2 bag of spinach
3 bunches of scallions
1 piece of ginger
1 package of white mushrooms
1 bunch of kale
2 heads of cabbage
1 red peppers
1 head of fennel
2 green zucchini
2 limes
6 lemons
3 orange
2 grapefruit

Herbs

1 bunch cilantro
2 bunch basil (1 if they are large)
1 bunch thyme
3 bunches parsley