

# Grocery List

Ingredients for this week's recipes 06/12/17

Note: when possible, utilize ingredients already available in your pantry (such as oils, spices, condiments, etc).

## PRODUCE

- 3 shallots
- 1 head of garlic
- 4 sweet potatoes
- Basil
- Fresh ginger
- Mint
- Oregano
- Sage
- Favorite fresh greens such as spinach leaves
- Shredded dark green lettuce
- 1 package cole slaw mix
- Green onions
- Broccoli
- 1 zucchini
- Asparagus
- 4 lemons
- 1 lime
- 1 pint of blueberries
- 8 ounces sliced carrots
- 15 baby sweet bell peppers
- 1 green bell pepper
- 1 tomato
- Green onions
- Cilantro

- 1 can of full fat coconut milk
- 1 family-size (14.5 oz) box macaroni and cheese
- 1 package of instant rice grits
- Rice
- Olive oil
- Salt
- Turmeric
- Black pepper
- Dried red pepper flakes
- 1 carton of vegetable broth
- Regular or spicy 100% vegetable juice
- Salsa or nonfat Ranch dressing
- 1 can of kidney beans
- 1 can (13.oz) canned tomatoes

## MARKET

- (2) 3 oz. tuna steak fillets
- 2 large chicken breasts (boneless) (or 2 cans of no salt tuna in water)
- 2 lbs. medium shrimp, peeled/deveined
- 1 lb. ground beef
- 3/4 lb. oven roasted turkey breast
- Low-fat yogurt
- Skim milk
- Reduced-fat shredded Parmesan, Monterey Jack, white Cheddar or Italian-blend cheese

## GROCERY

- Barbecue spice mix or barbecue sauce
- Sesame oil
- Rice vinegar
- Low sodium soy sauce
- Panko breadcrumbs
- Cornstarch
- Sugar or Splenda®
- Peanut butter
- Whole wheat or regular couscous
- Whole wheat flour tortillas
- Vegetable oil
- Canola oil



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