

# Grocery List

Ingredients for this week's recipes 08/07/17

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

## PRODUCE

- 3 oz. of fresh ginger root
- Head of garlic
- 2 limes
- 1 large shallot
- Rosemary
- 1 lemon
- 4 sweet potatoes
- Fresh herbs: basil, mint, oregano, sage
- Green onions
- Broccoli
- Zucchini
- Asparagus
- 3 red onions
- Mushrooms diced
- 1 red bell pepper
- 1 bundle of parsley
- 1 tomato
- 1 small head of lettuce
- Cilantro
- Spinach
- 2 large bananas
- Watermelon
- 1 pint fresh berries

## GROCERY

- Sesame oil
- Rice vinegar
- Low sodium soy sauce,
- Panko breadcrumbs
- Vegetable oil
- Olive oil
- Black pepper
- Salt
- Pecans
- Dry basil
- Dry oregano
- Ancho chili powder
- Paprika
- Crushed red pepper
- Rice (white or brown)

- 1 can of evaporated skim milk
- Fresh coffee beans ground (instant coffee works too)
- Cinnamon
- Cayenne
- Garlic powder
- Hot sauce
- 1 x 15 oz. can diced beets & juice (If fresh are available grab 4 beets)
- Cumin
- Vinegar
- 1- 16 oz. can no salt vegetable broth
- 1 small container of apple juice concentrate
- Balsamic vinegar
- Sherry
- Dried dill
- No salt crunchy peanut butter
- Low sodium soy sauce
- Light brown sugar
- Nonstick cooking spray
- Frozen or jar of pesto sauce grated Parmesan cheese
- Crunchy low-fat cereal (granola or cheerios)

## MARKET

- 1 lb. of pork loin
- 1 lb. oven roasted turkey breast, sliced thin
- 1 ½ lbs. sole fillets (or other white fish)
- 2 3 oz. tuna steak fillets (or 2 cans of no salt tuna in water)
- 12 medium shrimp, peeled/deveined
- 1 pkg. of Mexican shredded cheese
- 4 oz part-skim mozzarella cheese
- Low fat yogurt

## BAKERY

- 12-16 small soft corn or flour tortillas
- 4 (8 inch) whole wheat tortillas



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