

Grocery List

Ingredients for this week's recipes 10/23/17

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

PRODUCE

- 8 zucchinis
- 1 head of garlic
- 1 pint of cherry tomatoes
- Broccoli
- 4 lemons
- Green onion
- Sliced mushrooms
- 1 head or bag of fresh salad greens
- Spinach leaves
- 1 small onion
- 1 mirliton (also known as chayote)
- 1 pancake squash
- 2 tomatoes
- Mint
- Rosemary
- Thyme
- Bay leaf
- Oregano
- 4 large sweet potatoes
- 4 medium Idaho® Russet or Idaho® Yukon Gold potatoes
- 4 small beets
- 32 pitted ripe olives
- 1 red bell pepper

(chickpeas, black beans, lentils, etc.)

- 14.5-ounce can diced tomatoes
- Pizza sauce
- Worcestershire sauce
- Corn starch
- Yellow mustard
- 16-ounce bag frozen mixed vegetables
- 1 bag of frozen broccoli florets

MARKET

- 1 lb. of red fish (one large fillet)
- 4 lean pork chops
- 3 oz. of lunch meat
- 1.25 pounds lean ground turkey
- Turkey pepperoni
- 2 chicken breasts
- 1 bag of shredded reduced fat cheese
- 8 mozzarella string cheese
- Trans-fat free margarine
- Half dozen eggs
- Greek yogurt

GROCERY

- Parchment cooking paper
- Cooking spray
- Olive oil
- Coconut oil
- Capers
- 3 oz. of unsalted nuts
- 1 Mason jar (12-16 oz.)
- Salt
- Pepper
- Almond meal
- 1 pkg. of spaghetti
- 1 can of no-salt tomato sauce
- Fat-free, low-calorie salad dressing
- 1 can of cooked beans



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