

# SHOPPING LIST: WEEKLY MEAL # 7

## PRODUCE

- 1 bunch fresh parsley
- 1 bunch green onion
- 9 cloves garlic
- 5 heads Romaine lettuce
- 2 Roma tomatoes
- 6 corn on the cob
- 4 limes
- 1 red bell pepper
- 3 green bell pepper
- 1 bunch fresh cilantro
- 1 yellow bell pepper
- 1 red onion
- 2 lemons
- 1 lb (500g) mushrooms
- 1 head broccoli
- 4 medium carrots
- 4 celery sticks
- 2 tsp grated fresh ginger
- 1 medium onion
- 2 tbsp fresh herbs (rosemary, thyme, basil or oregano)

## PROTEINS & DAIRY

- 1 lbs (0.5 kg) lean ground meat
- 1 container (250 mL) sour cream
- 1 cup mayonnaise
- 1/4 cup plain yogurt
- 4 boneless skinless chicken breasts
- 1 1/2 lb (0.75 kg) flank steak
- 4 oz (125 g) light cream cheese
- 1/3 cup salted butter
- 1/4 cup crumbled blue cheese
- 1/2 cup Swiss cheese
- 8 oz (250 g) cod fillets
- 1/4 cup grated Parmesan cheese
- 4 boneless skinless chicken breast
- 1 large egg
- 1 pkg (500g) firm tofu

## PANTRY

- 4 hamburger buns
- chipotle pepper sauce
- 1 L chicken broth
- 3/4 cup pearl barley
- 1/2 cup medium salsa
- 1 can (19 oz/540 mL) black beans
- 1/4 tsp liquid smoke
- 2 tbsp capers
- 1 multigrain baguette
- 4 Naan bread
- 2 tbsp tahini paste
- 1 1/2 tsp Worcestershire sauce
- 1/2 tsp Dijon mustard
- 1/2 tsp anchovy paste
- 1/3 cup soy sauce
- 2 cups rice
- 1/3 cup maple syrup
- 1/4 cup hoisin sauce
- 2 tbsp ketchup
- 2 tbsp white wine
- 6 bamboo skewers

## HERBS & SPICES

- basil
- oregano
- salt
- pepper
- rosemary
- oregano
- chili pepper
- 1 pkg taco seasoning mix
- smoked paprika
- garlic powder
- onion powder
- cayenne pepper
- celery seed
- basil
- dill weed

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### BAKING

- 1 tbsp golden brown sugar
- 2/3 cup granulated sugar
- 1/2 cup all-purpose flour
- 1/2 cup old-fashioned rolled oats
- 1/2 cup whole wheat flour
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp vanilla

### OILS & VINEGARS

- 4 tbsp canola oil
- 1 cup extra-virgin olive oil
- 2 tbsp white wine vinegar
- 4 tbsp balsamic vinegar
- 1/2 tsp sesame oil