

## Week 3 Groceries

### Produce:

- 4 red bell peppers
- 4 oz cherry tomatoes
- 1 small red onion
- 1 large red onion
- 1 small white onion
- 1 small bag celery
- 1 bunch parsley
- 3 large zucchini
- 2 medium zucchini
- 4 medium Roma tomatoes
- 2 large round tomatoes
- 3 (8 oz) bags Shredded lettuce
- 3 chives or green onions
- 2 cups strawberries
- 1 small green apple
- 1 small fuji apple
- 1 cup mixed berries
- 1 orange
- 1 bag mixed greens of choice for salad

### Bread & Baked Goods:

- 8 count package low carb / high fiber wraps
- 4 tostada shells
- 4 large low carb / high fiber tortillas
- 1 package low carb / high fiber pitas

### Condiments, Dressings, & Oils:

- 1 small bottle low sugar teriyaki sauce
- 1 (16 oz) jar salsa
- 1 small bottle lemon juice
- 1 small jar cranberry sauce or low sugar raspberry jelly

- 1 small bottle sugar free or monk fruit sweetened sugar maple syrup
- 1 (4 oz) jar taco sauce
- 1 small bottle balsamic vinegar
- 1 bottle red wine vinegar
- 1 small bottle avocado or olive oil
- 1 small bottle Worcestershire sauce
- 48 oz low sodium beef broth
- 1 small bottle soy sauce
- 1 small jar sugar-free strawberry preserves

**Meat & Seafood:**

- 2.25 lbs chicken breasts
- 3 lbs lean ground turkey
- 1/4 lb turkey deli meat
- 4 oz precooked mini shrimp
- 8 oz chunk tuna or crab meat

**Boxed, Jarred, & Canned:**

- 1 (16 oz) can corn
- 1 (15 oz) can black beans
- 1 small jar Kalamata olives
- 1 small box whole grain crackers

**Grains & Pasta:**

- 1 container old fashioned oats (gluten free if sensitive)
- 1 (12 oz) package noodles of choice

**Nuts & Nut Butters:**

- 1 small jar all-natural peanut butter / nut butter of choice

**Dairy & Eggs**

- 1 package fat free cream cheese
- 1 dozen large eggs
- 1/2 cup shaved or shredded parmesan cheese
- 1 small container fat free cottage cheese

- 1 bag shredded cheese of choice
- 1 (8 oz) container crumbled feta
- 48 oz plain fat free Greek yogurt
- 1 package ultra-thin swiss cheese slices
- 1 carton almond milk

#### **Baking & Cooking:**

- 1 small box Stevia packets (or low-calorie sweetener of choice)
- 1 package baking Stevia (or granulated sweetener of choice that measures like
- 1 bottle butter extract
- 1 bottle caramel extract
- 1 bag mini Stevia sweetened chocolate chips
- 1 container baking soda
- 1 container baking powder
- 1 container cornstarch
- 1 bottle vanilla extract
- 1 bottle peppermint extract
- 1 container unsweetened cocoa powder
- 1 bag oat flour
- 1 small container Panko bread crumbs

#### **Seasonings (if not already in pantry):**

- dried parsley
- dried oregano
- dried basil
- salt
- pepper
- cinnamon
- chili powder
- cumin
- garlic powder
- minced garlic
- nutmeg
- onion powder

- dried onion flakes
- ground ginger
- apple pie spice

**Specialty:**

- 1 container protein powder (plain or vanilla)
- 1 container peanut flour
- xanthan gum

**Miscellaneous:**

- 1 (8 oz) container store-bought hummus
- ground coffee
- 24 pack wonton wrappers
- healthy snacks and healthy dessert options