

Week One Grocery List

Produce

- 1 bell pepper (any color)
- 2 large sweet potatoes
- 1# carrots (or 1 bag of frozen sliced)
- 1 red onion
- 1 cucumber
- 1 lemon
- 10 oz grape tomatoes
- 1 medium apple

Meat

- 1 1/2# sirloin or flank steak
- 1# chicken tenderloin
- 4 tin cut pork chops

Dairy and Eggs

- 1/2 dozen eggs

Shelf Stable

- 1 large box instant brown rice or boil in bag brown rice
- 32 oz box low-sodium chicken stock
- 1 14.5 ounce can low-sodium white beans
- 1 package whole wheat pitas
- 14.5 ounce can low sodium diced tomatoes

Frozen

- 1 12 ounce bag peas (or 2 cans if unavailable)
- 2 12 ounce bags green beans (or 2 cans if unavailable)
- 2 small heads broccoli (or 1 bag frozen frozen florets)

Pantry Items

- olive oil
- low sodium soy sauce
- garlic powder
- onion powder
- dried parsley
- lemon pepper seasoning

- dried thyme
- italian seasoning
- ground ginger
- cumin
- paprika (smoked if available)