

## **Week Two Grocery List**

### **Produce**

- 6 baking potatoes
- 1 bag brussel sprouts
- 1 bag radishes
- 1 medium apple
- 1 white onion
- 1 lemon

### **Meat**

- 2# extra lean ground beef
- 1# chicken tenderloin
- 4 tilapia (or other white fish) filets

### **Shelf Stable**

- 6 ounce can tomato paste
- 1 32 ounce box low-sodium beef broth
- 14.5 ounce can low sodium diced tomatoes
- 1 15 oz can tomato sauce
- 2 cans white beans
- 1 box low sodium chicken or vegetable stock

### **Frozen**

- 1 bag peas and carrots -12 oz
- 1 bag mixed soup vegetables (corn, green beans, peas, etc.)-16 oz
- 1 bag Frozen diced butternut squash - 10.8 oz
- 1 bag frozen diced carrots
- 1 box frozen chopped spinach
- 1 bag frozen California style vegetables

### **Pantry Items**

- olive oil
- flour
- red wine vinegar
- italian seasoning
- garlic powder
- onion powder
- dried thyme

- lemon pepper seasoning