

# Grocery List

## Project Meal Plan: Dinners #2

### **Produce:**

Baby bella mushrooms  
Celery  
Yellow onion  
1 bunch parsley  
2 pints cherry tomatoes  
Garlic  
3 Lemons  
Carrots  
Zucchini  
Asparagus  
Fresh basil  
Chives (optional for mushroom soup)

### **Bread/Pasta:**

Loaf bakery-style Sourdough bread  
Long grain white rice  
Thin spaghetti (whole grain)

### **Canned Foods:**

Chicken Stock (2cups)  
Tomato paste  
Kalamata olives

### **Asian:**

Teriyaki sauce  
Sesame oil  
Low-sodium soy sauce

### **Condiments/Dressings:**

Light miracle whip

### **Meats/Seafood:**

2 lb Chicken breasts  
1 lb Ground beef  
1.25-1.5 lb Salmon fillet (I prefer to buy 1 day prior to use)

### **Baking/Seasonings:**

Flour  
Salt  
Pepper  
Paprika

Italian Seasoning  
Crushed Red Pepper  
Thyme  
Nutmeg  
Coconut Sugar  
Olive Oil  
Walnuts  
White Vinegar

**Frozen Foods:**

Peas

**Dairy/Cheese/Eggs:**

Unsalted butter  
Milk  
Grated parmesan cheese  
Monterey Jack Cheese slices  
Eggs