



Shopping List

(M) Honey Lime Drumsticks with Watermelon Salad (T) Avocado Pesto Pasta (W) Chile Pork Kebabs with Pesto Corn and Watermelon (Th) Crab & Corn Chowder with Quinoa Salad (F) Caribbean Pork Salad

Meat / Seafood	Quantity	Notes
lump crab meat	8 ounces	
pork tenderloin	1-1/2 pounds	
chicken drumsticks	8	about 1-1/2 pounds

Vegetables & Fruit	Quantity	Notes
corn in the husk	10 ears	
avocados	3	
tomatoes, medium	4	
red onion	1-3/4	
red leaf lettuce	1 head	
fresh mint leaves	1/3 cup	
fresh basil	1 lg bunch	
fresh cilantro	1/2 bunch	
watermelon, small	1	
lemons	1-1/2	
limes	3	
mangoes, ripe	2	
serrano pepper	1	

Dairy	Quantity	Notes
feta cheese, crumbled	1/3 cup	
parmesan cheese, grated	1 cup	

Bakery/Misc	Quantity	Notes
black beans	1 can	15 oz can
walnuts	1 cup	
pine nuts	1/4 cup	* optional *
chili powder	1 Tablespoon	
quinoa	1-1/2 cups	

Pantry Essentials	Quantity	Pantry Essentials	Quantity
olive oil	3/4 cup	dried oregano	
grapeseed oil	1/4 cup	herbes de provence	
balsamic vinegar		ground cumin	2 teaspoons
* rice wine * vinegar	1/4 cup	raw honey or 100% maple syrup	5 Tablespoons
chicken or veggie broth: low sodium	3 cups	organic tomato paste	
garlic	8 cloves	Dijon mustard or brown mustard	
kosher salt	3 teaspoons	soy sauce or Braggs liquid amino acid	
black pepper	1-1/2 teaspoons	whole grain spaghetti	12 ounces
cayenne pepper	2-1/8 teaspoons	long grain brown rice (dry)	
paprika *	1-1/4 teaspoon	whole wheat flour	

* sweet Hungarian paprika if you have it