



Shopping List

(M) Spring Roll in a Bowl (T) Salmon Salad Pitas with Fresh Berries (W) Fresh 20 Turkey Burgers with Carrot Slaw (Th) Polenta Pan Pizza (F) Summer Smorgasbord with Shredded Carrots

Meat / Seafood	Quantity	Notes
ground turkey	1 pound	
wild salmon fillet	12 ounces	
thin sliced salami	4 ounces	from the deli
thin sliced lean turkey breast	4 ounces	from the deli

Vegetables & Fruit	Quantity	Notes
butter lettuce	2 heads	
bell peppers	3	1 red, 1 yellow or orange, 1 green
cucumbers	3	
carrots	12	
heirloom tomatoes	1 lb + 1	one pound plus one tomato
grape or cherry tomatoes	6 ounces	about 1 cup
fresh basil	1 bunch	
lemons	2	
red onion	1/2	
strawberries	1 pint	can sub berries of your choice
avocado	2	ripe but firm

Dairy	Quantity	Notes
mozzarella	10 ounces	from the deli
provolone cheese, sliced	8 slices	from the deli

Bakery/Misc	Quantity	Notes
whole wheat pitas	4	
whole wheat hamburger buns	5	
thin rice noodles	4 ounces	found in Asian section of store
quick cooking polenta or cornmeal	1 cup	medium grain

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