



Family Meals Grocery Lists

Print off these helpful tips and 6 weeks of grocery lists from the Family Meals Cookbook to help make your shopping easier. You can print off the entire list or simply select the page that you want to print.

using the lists

1. Find the grocery list for the week you chose

Choose a paper copy or a smartphone app.

2. Customize the list for additional or fewer persons

Family Meals is designed to feed the majority of families, ie, 4 adults or 2 adults and 3 small children or 2 adults and 1 teenager and 1 child or 1 adult and 3 teenagers, or 2 adults and 2 teenagers, or 2 adults and 2 children and 2 babies. If your family looks like any of the above you can go ahead and use the grocery lists as is to start. You should have enough food. If you find it is too little or too much you can adjust next time. If yours is a family of 2, you can either divide the list in two or cook from the dinners only lists and have leftovers for lunches. If yours is a family of 3 or more than 5 you may need to add or subtract some of the items before you head out to the store.

3. Modify the list for allergies

Replace any foods on the list family members are allergic to with like foods.

4. Add your snacks to the list

Add 2 snacks per person per day to your grocery list. See the snack section on page 132 for plenty of good choices and add them to the back of your list or to your app list.

5. Add errands to the list

Make a note of the errands you need to run while doing your groceries to minimize the time you spend running around on the back of your list or to your app list.

6. Delegate the grocery shopping altogether!

Now that all the hard work is done, you can hand the list to another family member and let them do the shopping!



best tips

Grocery Shopping

- Choose whole grain cereal rich in iron (more than 5 grams) and low in sugar (less than 5 grams)
- Choose whole grain breads and light dairy products.
- Choose low sodium broths and canned goods.
- Substitute minced garlic or minced ginger in a jar for fresh to save time.
- Substitute produce in season for produce on the list to save money and ensure freshness.
- Substitute fresh fruit and berries for frozen if on sale. Place them in a freezer bag and freeze yourself.
- Take advantage of sales on meat, chicken, fish, cheese and staples. These are items that are used every week, so if you buy them in larger quantities and freeze them in the portions that you need when you get home, you will save money.

When you get home

- Peel some bananas and freeze for your morning smoothies.
- Freeze your breads to keep them fresh for the week. Thaw as needed.
- Slice the bagels, place them in a freezer bag and freeze so they are handy, easy to toast and stay fresh.
- Seed and chop peppers and toss them into the freezer to save more time when making dinners.
- Clean and slice carrots, celery and peppers for snacks. Store in a container with water in the fridge.
- Wash and dry fresh herbs, spinach, and lettuces. Refrigerate them wrapped in a damp paper towel in a sealed plastic bag. You can also keep cleaned herbs in water, in a glass jar on the kitchen sill. They are so pretty.
- Pre-make all of the dressings and dips for the week so they are conveniently available when you need them.
- Bake muffins in advance and freeze what you aren't using right away.
- Prepare granola and granola bars for easy snacks and convenient breakfasts.

Before you start cooking

- Read the daily cooking instructions completely so you can get a sense of order and timing.
- Prepare and layout your ingredients before you start cooking.
- Clean as you cook. Fill the sink with soapy water so you can wash up as you cook.
- Make food a family event. Include your family in the food shopping, preparations and cooking. Delegate tasks to family members based on their ages and abilities. Dinner will be ready in no time and clean up is a snap.



grocery list week one

fruit

Assorted fruit, 16
Apples, 7
Bananas, 6
Blueberries, 4 cups
Cantaloupe, 1
Oranges, 4
Raspberries, 2 cups
Strawberries, 3 cups
Frozen mangoes, 2 cups
Frozen orange juice, 1 can

vegetables

Alfalfa sprouts, 2 cups
Avocado, 1
Basil, 1 bunch
Broccoli, 1 head
Cabbage, 1 small
Carrots, 17
Celery, 1 bunch
Cucumbers, 4
Garlic, 2 buds
Green onions, 3 bunches
Green peppers, 3
Jalapeño pepper, 1
Lettuce, 1 leaf
Lettuce, 1 romaine
Mushrooms, 1 cup
Onions, 6
Parsley, 1 bunch
Potatoes, 4 large yellow
Radishes, 1 bunch
Red onions, 2
Red peppers, 5
Snow peas, 2 cups
Spinach, 1 bunch
Tomatoes plum, 4
Tomatoes, 4

dairy

Eggs, 10
Milk, 7 qts / 6 L low-fat
Cheddar cheese, 6 oz
Cream cheese, 6 oz light
Feta cheese, 12 oz
Goat cheese, 8 oz
Gruyère cheese, 6 oz
Monterey Jack cheese, 4 oz
Mozzarella, 8 oz skim
Parmesan, 3/4 cup grated
Sour cream, 1 cup light
Yogurt, 4 cups peach low-fat
Yogurt, 4 1/4 cups plain low-fat
Yogurt, 2 cups vanilla low-fat

grains

Angel hair pasta, 1 lb
Penne, 1 1/4 lbs whole wheat
Basmati rice, 1 1/2 cups
Bread, 24 slices whole grain
Bagels, 12 whole grain
Pita bread, 4 x 6" whole wheat
Tortillas, 12 x 6" whole wheat flour

groceries

Black olives, 20
Chickpeas, 19 oz can
Lentils, 19 oz can
Pears, 28 oz can unsweetened
Pizza sauce, 7.5 oz can
Tomatoes, 19 oz can diced
Tomatoes, 28 oz can diced
Tomato sauce, 7.5 oz can
Tuna, 2 x 6 oz cans in water
Frozen quiche shell, 9"

meat

Bacon, 13 slices
Chicken, 4 lb whole
Ground beef, 1 lb lean
Pork loin chops, 1 lb lean
Shrimp, 1 lb frozen deveined

check the pantry

Raisins, 1 cup
Almonds, 1 cup sliced
Walnuts, 2 cups
Sesame seeds, 1/2 cup
Rolled oat, 2 1/3 cups
Whole wheat flour, 1 cup
Wheat germ, 1/3 cup
Baking soda, 1/4 tsp
Baking powder, 1 1/2 tsp
Brown sugar, 3 tbsp
Chicken broth, 2 cups
Vegetable broth, 1 cup
Canola oil, 5 tbsp
Olive oil, 1 1/4 cup
Lemon juice, 1/2 cup
Red wine vinegar, 2 tbsp
Mayonnaise, 1 cup light
Dijon mustard, 4 tbsp
Mustard, 1 tbsp
Relish, 1 tbsp
Butter, 1 tbsp
Peanut butter, 1/4 cup
Jam, 1/4 cup
Honey, 1/4 cup
Maple syrup, 2/3 cup
Granola, 2 cups
Cereal, 8 cups whole grain
Salsa, 1 cup
Sherry, 3 tbsp (opt)

Basil • Cayenne • Chili powder
Cinnamon • Cumin • Dill
Hot pepper flakes • Nutmeg
Oregano • Paprika • Pepper
Rosemary • Sage • Savory
Tarragon • Thyme • Vanilla
Hot sauce • Worcestershire
sauce

add snacks



dinners only list week one

fruit

Strawberries, 1 cup

vegetables

Alfalfa Sprouts, 2 cups

Avocado, 1

Basil, 1 bunch

Broccoli, 1 head

Cabbage, 1 small

Carrots, 10

Cucumbers, 2

Garlic, 2 buds

Green onions, 1 bunch

Green peppers, 2

Jalapeño Pepper, 1

Lettuce, 1 leaf

Lettuce, 1 romaine

Mushrooms, 1 cup

Onions, 4

Parsley, 1 bunch

Plum tomatoes, 4

Potatoes, 4 large yellow

Red onions, 2

Red peppers, 2

Snow peas, 2 cups

Spinach, 1 bunch

Tomatoes, 2

meat

Bacon, 5 slices

Chicken, 4 lb whole

Ground beef, 1 lb lean

Pork loin chops, 1 lb lean

Shrimp, 1 lb frozen deveined

dairy

Eggs, 3

Milk, 1 cup low-fat

Feta cheese, 2 oz

Goat cheese, 2 oz

Gruyère Cheese, 6 oz

Monterey Jack cheese, 4 oz

Mozzarella, 8 oz skim

Parmesan, 3/4 cup grated

Sour cream, 1 cup light

Yogurt, 1/4 cup plain low-fat

grains

Angel hair pasta, 1 lb

Penne, 1 1/4 lb whole wheat

Basmati rice, 1 1/2 cups

Bread, 4 slices whole grain

Pita bread, 4 x 6" whole wheat

Tortillas, 8 x 6" whole wheat flour

groceries

Black olives, 20

Pizza sauce, 7.5 oz can

Pears, 28 oz can unsweetened

Tomatoes, 28 oz can diced

Tomato sauce, 7.5 oz can

Frozen quiche shell, 9"

check the pantry

Sesame seeds, 1/2 cup

Butter, 1 tbsp

Chicken broth, 2 cups

Canola oil, 3 tbsp

Olive oil, 1 cup

Lemon juice, 1/2 cup

Mayonnaise, 5 tbsp light

Dijon mustard, 3 tbsp

Honey, 1 tbsp

Maple syrup, 2 tbsp

Salsa, 1 cup

Sherry, 3 tbsp (opt)

Basil • Cayenne • Chili powder
Cumin • Dill • Hot pepper flakes
Hot Sauce • Nutmeg • Oregano
Paprika • Pepper • Rosemary
Sage • Salt • Tarragon • Thyme
Worchestershire sauce



grocery list week two

fruit

Assorted fruit, 20
Apples, 6
Bananas, 6
Blueberries, 1 cup
Grapes, 3 cups
Grapefruit, 2 pink
Honeydew melon, 1
Lime, 1
Peaches, 4
Frozen mangos, 1 cup
Frozen strawberries, 2 cups
Pineapple juice, 3 cups

vegetables

Avocado, 1
Basil, 1 bunch
Broccoli, 2 heads
Carrots, 17
Celery, 2 bunches
Cauliflower, 1 head
Chives, 3 tbsp
Cucumbers, 2
Garlic, 2 buds
Ginger, 2 inches
Green beans, 5 cups
Green onions, 2 bunches
Green peppers, 4
Lettuce, 1 leaf
Lettuce, 1 romaine
Mint, 2 tbsp
Mushrooms, 2 cups
Onions, 4
Parsley, 1 bunch
Potatoes, 6 large yellow
Red onions, 2
Red peppers, 6
Snow peas, 4 cups
Tomatoes, 17
Turnip, 1
Yellow beans, 4 cups

meat

Chicken breasts, 1 1/2 lbs boneless
Ground beef, 1 lb (opt)
Round steak, 1 lb lean
Salmon steaks, 4 x 1" steaks

dairy

Eggs, 14
Milk, 6 qts / 6 L low-fat
Cheddar cheese, 24 oz
Cottage cheese, 11/2 cups light
Cream cheese, 10 oz light
Mozzarella, 12 oz skim
Parmesan, 3/4 cup grated
Sour cream, 2 cups light
Yogurt, 3/4 cup plain low-fat
Yogurt, 6 cups vanilla low-fat

grains

Lasagna noodles, 9 no cook
Rice noodles, 1/2 lb
Wild rice, 11/2 cups
Bagels, 4 whole wheat
Bread, 24 slices whole grain
Croissants, 4 whole wheat
Dark rye or Russian, 1 round loaf
English muffins, 8 whole wheat
Pita bread, 6 x 6" whole wheat
Tortillas, 10 x 6" flour

groceries

Chickpeas, 2 x 19 oz cans
Kidney beans, 19 oz can
Tomatoes, 28 oz can diced
Tomato sauce, 7.5 oz can
Tuna, 2 x 6 oz cans in water
Frozen spinach, 1 package

check the pantry

Walnuts, 1 cup pieces
Breadcrumbs, 2 tbsp
Rolled oats, 2 cups
Wheat germ, 1/2 cup
Canola oil, 1/3 cup
Olive oil, 3/4 cup
Lemon juice, 1 cup
Red wine vinegar, 1/4 cup
Soy sauce, 1/2 cup
Mayonnaise, 2/3 cup light
Dijon mustard, 1/2 tsp
Butter, 1/4 cup
Peanut butter, 1/4 cup
Honey, 3 tbsp
Cereal, 8 cups whole grain
Pickles, 4
Brown sugar, 1/4 cup
Sugar, 2 tbsp granulated
Salsa, 1 cup

Basil • Cayenne • Chili powder
Cinnamon • Coriander • Cumin
Dill • Dry mustard • Oregano
Pepper • Thyme • Vanilla • Hot
sauce • Worcestershire sauce

add snacks



dinners only list week two

vegetables

Avocado, 1
Basil, 1 bunch
Broccoli, 2 heads
Carrots, 3
Cauliflower, 1 head
Celery, 2 stalks
Chives, 1 tbsp
Cucumbers, 2
Garlic, 2 buds
Ginger, 2 inches
Green beans, 3 cups
Green onions, 1 bunch
Green peppers, 3
Lettuce, 1 leaf
Lettuce, 1 romaine
Mushrooms, 2 cups
Onions, 4
Parsley, 1 bunch
Potatoes, 6 large yellow
Red onions, 2
Red peppers, 4
Tomatoes, 6
Turnip, 1

meat

Chicken breasts, 1 lb boneless
Ground beef, 1 lb (opt)
Round steak, 1 lb lean
Salmon steaks, 4 x 1" steaks

dairy

Eggs, 6
Milk, 2/3 cup low-fat
Cheddar cheese, 6 oz
Cottage cheese, 1 1/2 cups low-fat
Mozzarella, 12 oz skim
Parmesan, 3/4 cup grated
Sour cream, 2 cups light

grains

Lasagna noodles, 9 no cook
Rice noodles, 1/2 lb
Wild rice, 1 1/2 cups
Bread, 8 slices whole grain
Tortillas, 6 x 6" flour soft

groceries

Chickpeas, 19 oz can
Kidney beans, 19 oz can
Tomatoes, 28 oz can diced
Tomato sauce, 7.5 oz can

check the pantry

Breadcrumbs, 2 tbsp
Canola oil, 5 tbsp
Olive oil, 3/4 cup
Lemon juice, 2/3 cup
Mayonnaise, 2 tbsp
Red wine vinegar, 1/4 cup
Honey, 3 tbsp
Dijon mustard, 1/2 tsp
Soy sauce, 1/2 cup
Sugar, 1 tsp granulated
Salsa, 1 cup

Basil • Cayenne • Chili powder
Coriander • Cumin • Dill • Dry
mustard • Oregano • Pepper
Salt • Thyme • Hot sauce
Worcestershire sauce



grocery list week three

fruit

Assorted fruit, 12
Assorted berries, 2 cups
Apples, 9
Bananas, 5
Grapes, 2 cups
Kiwis, 3
Lemon, 1
Oranges, 8
Strawberries, 4 cups
Frozen berries, 5 cups
Frozen orange juice, 1 can

vegetables

Asparagus, 1 bunch
Broccoli, 1 head
Carrots, 23
Celery, 3 bunches
Corn, 2 cups frozen
Cucumbers, 2
Garlic, 2 buds
Ginger, 1 inch
Green beans, 3 cups
Green onions, 6 bunches
Green peppers, 4
Jalapeño pepper, 1
Lettuce, 1 leaf
Mushrooms, 2 cups
Onions, 3
Orange pepper, 1
Parsley, 1 bunch
Potatoes, 10 large yellow
Red onion, 1
Red peppers, 4
Snow peas, 2 cups
Spinach, 2 bunches
Sweet potatoes, 5
Tomatoes, 8
Yellow beans, 3 cups

meat

Chicken breasts, 1 1/2 lbs boneless
Fish fillets, 1 lb fresh or frozen
Ground beef, 1 lb lean
Ham, 8 slices lean
Hot dogs, 8 all beef
Lamb shoulder, 1 lb boneless

dairy

Eggs, 16
Milk, 7 qts / 6 L low-fat
Cheddar cheese, 14 oz
Cream cheese, 4 oz light
Edam cheese, 3 oz
Feta cheese, 8 oz
Sour cream, 2 cups light
Yogurt, 3 1/2 cups plain low-fat
Yogurt, 4 cups strawberry low-fat

grains

Fusilli, 1 lb whole grain
Basmati rice, 1 1/2 cups
Wild rice, 1 1/2 cups
Bagels, 8 whole wheat
Bread, 24 slices whole grain
English muffins, 4 whole wheat
Hot dog buns, 8 whole wheat
Rolls, 4 whole grain
Tortillas, 6 large whole grain

groceries

Black olives, 12
Black turtle beans, 19 oz can
Creamed corn, 14 oz can
Kidney beans, 2 x 19 oz cans
Tomatoes, 28 oz can diced
Tomatoes, 19 oz can
Salmon, 2 x 7.5 oz cans

check the pantry

Coconut, 3/4 cup flakes
Raisins, 1/2 cup
Rolled oats, 2 cups
Flour, 1 1/4 cups all purpose
Flour, 1/2 cup whole wheat
Wheat germ, 5 tbsp
Brown sugar, 2 tbsp
Sugar, 2 tsp
Vegetable broth, 1/4 cup
Mayonnaise, 1/2 cup
Canola oil, 1/4 cup
Olive oil, 1 cup
Dijon mustard, 1 tbsp
Balsamic vinegar, 2 tbsp
Lemon juice, 1/2 cup
Red wine vinegar, 1/4 cup
Vinegar, 1 tbsp
Peanut butter, 1/4 cup
Honey, 5 tbsp
Maple syrup, 1/4 cup
Granola, 2 cups
Cereal, 8 cups whole grain
Salsa, 1/2 cup

Cayenne • Chili powder
Cinnamon • Coriander seeds
Cumin • Curry • Hot pepper flakes • Oregano • Paprika
Pepper • Salt • Vanilla • Hot sauce • Worcestershire sauce

add snacks



dinners only list week three

fruit

Apple, 1
Lemon, 1
Oranges, 2

vegetables

Asparagus, 1 bunch
Broccoli, 1 head
Carrots, 3
Celery, 2 bunches
Corn, 2 cups frozen
Garlic, 2 buds
Green beans, 3 cups
Green onions, 3 bunches
Green peppers, 3
Ginger, 1 inch
Jalapeño pepper, 1
Lettuce, 1 leaf
Mushrooms, 2 cups
Onions, 2
Orange pepper, 1
Parsley, 1 bunch
Potatoes, 10 large yellow
Red onion, 1
Red peppers, 2
Spinach, 2 bunches
Sweet potatoes, 5
Tomatoes, 4
Yellow beans, 3 cups

meat

Chicken breasts, 1 lb boneless
Fish fillets, 1 lb fresh or frozen
Ground beef, 1 lb lean
Lamb shoulder, 1 lb boneless

dairy

Milk, 4 1/4 cups low-fat
Cheddar cheese, 8 oz
Feta cheese, 8 oz
Sour cream, 2 cups light
Yogurt, 1/2 cup plain low-fat

grains

Fusilli, 1 lb whole grain
Basmati rice, 1 1/2 cups
Wild rice, 1 1/2 cups
Tortillas, 6 large whole grain

groceries

Black olives, 12
Black turtle beans, 19 oz can
Creamed corn, 14 oz can
Kidney beans, 2 x 19 oz cans
Tomatoes, 28 oz can
Tomatoes, 19 oz can

check the pantry

Coconut, 1/2 cup flakes
Raisins, 1/2 cup
Flour, 1 tbsp all-purpose
Sugar, 2 tsp
Vegetable broth, 1/4 cup
Canola oil, 2 tbsp
Olive oil, 1 cup
Dijon mustard, 1 tbsp
Lemon juice, 1/2 cup
Balsamic vinegar, 2 tbsp
Red wine vinegar, 1/4 cup
Vinegar, 1 tbsp
Honey, 1 tbsp
Salsa, 1/2 cup

Cayenne • Chili powder
Coriander seeds • Cumin
Curry • Hot pepper flakes
Oregano • Paprika • Pepper
Salt • Hot sauce
Worchestershire sauce



grocery list week four

fruit

Assorted fruit, 12
Assorted berries, 4 cups
Apple, 1
Bananas, 4
Blueberries, 1 cup
Grapes, 6 cups
Kiwis, 3
Lemon, 1
Oranges, 2
Pineapple, 2 cups pieces
Frozen raspberries, 4 cups

vegetables

Asparagus, 1 bunch
Avocado, 1
Broccoli, 2 heads
Carrots, 8
Cauliflower, 1
Celery, 2 bunches
Cucumbers, 4
Garlic, 2 buds
Green beans, 6 cups
Green onions, 2 bunches
Green pepper, 1
Ginger, 2 inches
Jalapeño pepper, 1
Lettuce, 1 leaf
Lettuce, 1 romaine
Onion, 1
Parsley, 1 bunch
Potatoes, 4 1/2 lbs new
Radishes, 2 bunches
Red onions, 2
Red peppers, 2
Snow peas, 2 cups
Spaghetti squash, 1
Sweet potatoes, 2
Tomatoes, 4 cups cherry
Tomatoes, 9 large
Tomatoes, 6 plum
Yellow beans, 2 cups
Frozen lima beans, 2 cups

meat

Chicken breasts, 1 lb boneless
Pork tenderloin, 2 lbs
Steak, 1 lb grilling
Pepperoni, 1/4 lb sliced

dairy

Eggs, 20
Milk, 7 qts / 6 L low-fat
Cream cheese, 10 oz light
Feta cheese, 8 oz
Goat cheese, 6 oz
Monterey Jack, 12 oz
Mozzarella, 10 oz skim
Parmesan, 1 1/2 cups grated
Sour cream, 1 cup light
Yogurt, 1 cup plain low-fat
Yogurt, 4 cups peach low-fat
Yogurt, 5 cups vanilla low-fat

grains

Macaroni, 1 lb whole grain
Basmati rice, 1 1/3 cups brown
English muffins, 4 whole wheat
Bread, 24 slices whole grain
Black Russian bread, 8 slices
Bagels, 8 multigrain
Pita bread, 6 x 6" whole wheat
Pita bread, 6 Greek
Rolls, 4 whole grain
Tortillas, 6 x 10" whole wheat
Frozen pizza crust, large

groceries

Black olives, 24
Chickpeas, 19 oz can
Kidney beans, 19 oz can
Pizza sauce, 7.5 oz can
Salmon, 7.5 oz can
Tuna, 2 x 6 oz cans in water
Vegetable juice, 4 cups

check the pantry

Almonds, 1 1/4 cups sliced
Cashews, 1/2 cup
Walnuts, 1 1/4 cups pieces
Rolled oats, 2 cups
Wheat germ, 1/2 cup
Corn starch, 1 tbsp
Chicken broth, 1 1/2 cups
Canola oil, 2 tbsp
Olive oil, 1 1/4 cups
Lemon juice, 1/2 cup
Red wine vinegar, 1/3 cup
Mayonnaise, 1/4 cup
Dijon mustard, 3 tbsp
Honey, 4 tbsp
Soy sauce, 2 tbsp
Salsa, 2 1/2 cups
Granola, 2 cups
Cereal, 8 cups whole grain
Brown Sugar, 2 tbsp

Basil • Cayenne • Cinnamon
Coriander • Cumin • Hot pepper flakes • Oregano • Pepper
Rosemary • Salt • Tarragon
Vanilla • Hot sauce
Worcestershire sauce

add snacks



dinners only list week four

vegetables

Asparagus, 1 bunch
Broccoli, 2 heads
Cauliflower, 1
Cucumbers, 1
Garlic, 2 buds
Green beans, 6 cups
Green onions, 2 bunches
Green pepper, 1
Ginger, 2 inches
Jalapeño pepper, 1
Lettuce, 1 leaf
Lettuce, 1 romaine
Onion, 1
Parsley, 1 bunch
Potatoes, 4 1/2 lbs new
Radishes, 1 bunch
Red onions, 2
Red peppers, 2
Spaghetti squash, 1
Sweet potatoes, 2
Tomatoes, 2 cups cherry
Tomatoes, 6 large
Frozen lima beans, 2 cups

meat

Chicken breasts, 1 lb boneless
Pork tenderloin, 1 lb
Steak, 1 lb grilling
Pepperoni, 1/4 lb sliced

dairy

Eggs, 6
Milk, 1 cup low-fat
Cream cheese, 4 oz light
Monterey Jack, 12 oz
Mozzarella, 10 oz skim
Parmesan, 1 1/2 cups grated
Sour cream, 1 cup light

grains

Macaroni, 1 lb whole grain
Basmati rice, 1 1/3 cups brown
Bread, 4 slices whole grain
Black Russian bread, 8 slices
Tortillas, 6 x 10" whole wheat
Frozen pizza crust, large

groceries

Black olives, 12
Kidney beans, 19 oz can
Pizza sauce, 7.5 oz can
Tuna, 2 x 6 oz cans in water

check the pantry

Almonds, 1/4 cup sliced
Cashews, 1/2 cup
Corn starch, 1 tbsp
Chicken broth, 1 1/2 cups
Canola oil, 2 tbsp
Olive oil, 1 1/4 cups
Lemon juice, 5 tbsp
Red wine vinegar, 1/3 cup
Dijon mustard, 2 tbsp
Soy sauce, 2 tbsp
Salsa, 2 1/2 cups

Basil • Cayenne • Coriander
Hot pepper flakes • Oregano
Pepper • Rosemary • Salt
Tarragon • Hot sauce
Worchestershire sauce



grocery list week five

fruit

Assorted fruit, 24
Apples, 2
Bananas, 8
Blueberries, 2 cups
Peaches, 4
Raspberries, 3 cups
Frozen berries, 2 cups

vegetables

Avocado, 2
Brussel sprouts, 1 lb
Cabbage, 1 small
Carrots, 17
Cauliflower, 1
Celery, 1 bunch
Cilantro, 1 bunch small
Cucumbers, 5
Garlic, 3 buds
Ginger, 1 inch
Green onions, 3 bunches
Green peppers, 4
Lettuce, 2 leaf
Lettuce, 1 romaine
Mint, 1 bunch
Onions, 5
Parsley, 1 bunch
Potatoes, 4 large yellow
Red onions, 2
Red peppers, 3
Snow peas, 3 cups
Tomatoes, 12
Tomatoes, 8 plum
Zucchini, 2

meat

Bacon, 10 slices
Breakfast sausage, 8
Chicken breasts, 1 1/2 lbs boneless
Fish fillets, 1 lb white
Ground beef, 1 lb lean
Pork loin, 1 lb
Turkey breast, 1 lb boneless

dairy

Eggs, 13
Milk, 6 qts / 6 L low-fat
Chocolate milk, 4 cups
Cheddar cheese, 5 oz
Feta cheese, 6 oz
Parmesan, 1 cup grated
Sour cream, 2 cups light
Yogurt, 1 1/4 cups plain low-fat
Yogurt, 4 cups peach low-fat
Yogurt, 4 cups vanilla low-fat

grains

Spaghettini, 1 lb
Rice, 2 2/3 cups basmati
Bread, 36 slices whole grain
Bagels, 4 whole wheat
English muffins, 4 whole wheat
Pita bread, 4 x 10" whole wheat
Pita bread, 4 x 6" Greek
Tortillas, 12 x 6" whole wheat
Rolls, 4 whole grain

groceries

Black olives, 8
Black beans, 19 oz can
Chickpeas, 19 oz can
Red kidney beans, 19 oz can
Spaghetti sauce, 26 oz can
Tuna, 2 x 6 oz cans in water
Vegetable juice, 4 cups

check the pantry

Dried cranberries, 1/4 cup
Raisins, 1/2 cup
Walnuts, 3/4 cup pieces
Breadcrumbs, 1 tbsp
Baking powder, 1 tbsp
Buckwheat flour, 1 cup
Flour, 1/2 cup
Rolled oats, 2 cups
Brown sugar, 2 tbsp
Sugar, 1/3 cup
Vegetable broth, 4 cups
Canola oil, 5 tbsp
Olive oil, 1 cup
Lemon juice, 1 cup
Red wine vinegar, 1/2 cup
Mayonnaise, 3/4 cup
Dijon mustard, 1 tbsp
Soy sauce, 1/4 cup
Peanut butter, 1 1/2 cups
Butter, 1 tbsp
Honey, 1 tbsp
Maple syrup, 1/2 cup
Granola, 2 cups
Cereal, 8 cups whole grain
Salsa, 2 cups

**Almond Extract • Basil • Cayenne
Chili powder • Cinnamon • Cumin
Dill • Dry mustard • Hot pepper
flakes • Oregano • Pepper
Tarragon • Thyme • Turmeric
Vanilla • Hot sauce
Worcestershire sauce**

add snacks

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dinners only list week five

vegetables

Avocado, 1
Brussel sprouts, 1 lb
Cabbage, 1 small
Carrots, 8
Celery, 4 stalks
Cilantro, 1 bunch small
Cucumbers, 4
Garlic, 2 buds
Green onions, 2 bunches
Green peppers, 4
Ginger, 1 inch
Lettuce, 1 leaf
Lettuce, 1 romaine
Mint, 1 bunch
Onions, 3
Potatoes, 4 large yellow
Red onions, 2
Red peppers, 3
Snow peas, 1 cup
Tomatoes, 4, plum
Tomatoes, 3
Zucchini, 1

meat

Bacon, 2 slices
Chicken breasts, 1 lb boneless
Fish fillets, 1 lb white
Ground beef, 1 lb lean
Pork loin, 1 lb
Turkey breast, 1 lb

dairy

Milk, 1 1/2 cups low-fat
Cheddar cheese, 4 oz
Feta cheese, 6 oz
Parmesan, 1 cup grated
Sour cream, 2 cups light
Yogurt, 1 cup plain low-fat

grains

Spaghettini, 1 lb
Rice, 2 2/3 cups basmati
Bread, 8 slices whole grain
Pita, 4 x 6" Greek
Tortillas, 8 x 6" whole wheat

groceries

Black olives, 8
Black beans, 19 oz can
Red kidney beans, 19 oz can
Spaghetti sauce, 26 oz can
Tuna, 2 x 6 oz cans in water

check the pantry

Breadcrumbs, 1 tbsp
Sugar, 2 tsp
Canola oil, 2 tbsp
Olive oil, 3/4 cup
Lemon juice, 3/4 cup
Mayonnaise, 2 tbsp
Peanut butter, 6 tbsp
Dijon mustard, 1 tbsp
Red wine vinegar, 1/2 cup
Soy sauce, 1/4 cup
Salsa, 2 cups

Basil • **Cayenne** • **Chili powder**
Cumin • **Dill** • **Dry mustard**
Hot pepper flakes • **Oregano**
Pepper • **Salt** • **Tarragon**
Thyme • **Turmeric** • **Hot sauce**
Worcestershire sauce



grocery list week six

fruit

Assorted fruit, 20
Assorted berries, 2 cups
Apples, 3
Bananas, 13
Blueberries, 2 cups
Cantaloupe, 1
Grapefruit, 2 pink
Lime, 1
Frozen blueberries, 2 cups
Frozen orange juice, 1 can

vegetables

Avocado, 2
Basil, 1 bunch
Bean sprouts, 2 cups
Broccoli, 2 heads
Butternut squash, 1
Carrots, 4
Celery, 5 stalks
Chives, 1 bunch fresh
Cilantro, 1 small bunch
Cucumbers, 4
Garlic, 1 bud
Ginger, 2 inches
Green onions, 3 bunches
Lettuce, 1 leaf
Mint leaves, 1 bunch
Onions, 3
Orange pepper, 1
Parsley, 1 bunch
Potatoes, 5 large yellow
Radishes, 1 bunch
Red onions, 2
Red peppers, 2
Snow peas, 2 cups
Sweet potatoes, 3
Tomatoes, 2 cups cherry
Tomatoes, 9
Turnip, 1

meat

Bacon, 12 slices
Chicken breasts, 2 lbs boneless
Fish fillets, 1 lb fresh or frozen
Ground beef, 1 lb lean
Italian sausage, 1 lb

dairy

Eggs, 26
Milk, 7 qts / 6 L low-fat
Cheddar cheese, 4 oz
Cream cheese, 6 oz light
Feta cheese, 8 oz
Parmesan cheese, 1 cup
Yogurt, 1 1/2 cups plain low-fat
Yogurt, 9 cups vanilla low-fat

grains

Rice noodles, 1/2 lb
Fettuccine, 1 lb
Basmati rice, 2 2/3 cups
Bagels, 12 whole wheat
Bread, 28 slices whole grain
Hamburger buns, 4 whole grain
Pita, 10 x 6" whole wheat
Rolls, 4 whole grain

groceries

Black olives, 8
Black beans, 19 oz can
Peas, 14 oz can
Salmon, 2 x 7.5 oz cans
Vegetable juice, 4 cups

check the pantry

Dates, 12 pitted
Pecans, 1 cup pieces
Raisins, 2/3 cup
Sunflower seeds, 1 cup
Walnuts, 1 cup pieces
Breadcrumbs, 1 cup fine
Rolled oats, 2 cups
Flour, 1/2 cup
Wheat germ, 1/4 cup
Chicken broth, 8 cups
Vegetable broth, 2 cups
Mayonnaise, 1/2 cup light
Canola oil, 1 tbsp
Olive oil, 1/2 cup
Lemon juice, 1/2 cup
Lime juice, 1 tbsp
Dijon mustard, 1 tsp
Fish sauce, 1 tbsp
Soy sauce, 2 tbsp
Red wine vinegar, 3 tbsp
Vinegar, 1/2 cup
Brown sugar, 1/8 cup
Sugar, 2 tbsp
Honey, 1 tsp
Butter, 3 tbsp
Peanut butter, 1/4 cup
Maple syrup, 1/2 cup
Cereal, 12 cups whole grain

**1 star Anise • Basil • Cayenne
Cumin • Cinnamon • Coriander
Oregano • Paprika • Pepper
Salt • Hot sauce • Thyme
Vanilla**

add snacks



dinners only list week six

fruit

Apple, 1
Lime, 1
Frozen orange juice, 1 can

vegetables

Avocado, 1
Basil, 1 small bunch
Bean sprouts, 2 cups
Broccoli, 2 heads
Carrots, 6
Chives, 1 bunch fresh
Cilantro, 1 small bunch
Cucumbers, 2
Garlic, 1 bud
Green onions, 2 bunches
Ginger, 2 inches
Lettuce, 1 leaf
Mint leaves, 1 bunch
Onions, 2
Orange pepper, 1
Parsley, 1 bunch
Potatoes, 4 large yellow
Red onion, 1
Red peppers, 2
Snow peas, 2 cups
Sweet potatoes, 3
Tomatoes, 2 cups cherry
Tomatoes, 2
Turnip, 1

meat

Bacon, 12 slices
Chicken breasts, 2 lbs boneless
Fish fillets, 1 lb fresh or frozen
Ground beef, 1 lb lean
Italian Sausage, 1 lb

dairy

Eggs, 6
Milk, 1/4 cup low-fat
Cheddar cheese, 4 oz
Parmesan cheese, 1 cup
Yogurt, 1/2 cup plain low-fat

grains

Rice noodles, 1/2 lb
Fettuccine, 1 lb
Basmati rice, 2 2/3 cups
Hamburger buns, 4 whole grain
Bread, 4 slices whole grain

groceries

Black beans, 19 oz can
Peas, 14 oz can

check the pantry

Raisins, 2/3 cup
Sunflower seeds, 1 cup
Flour, 1/2 cup
Chicken broth, 8 cups
Vegetable broth, 2 cups
Mayonnaise, 1/4 cup
Olive oil, 1 cup
Lemon juice, 1/3 cup
Lime juice, 1 tbsp
Fish sauce, 1 tbsp
Soy sauce, 2 tbsp
Dijon mustard, 1 tsp
Vinegar, 1/2 cup
Sugar, 2 tbsp
Honey, 1 tsp
Butter, 2 tbsp
Breadcrumbs, 1 cup fine

1 star Anise • Basil • Cayenne
• Cumin Oregano • Paprika •
Pepper Salt • Thyme • Hot
sauce