



Before going shopping:

- \*Check the Pantry List to make sure your pantry is stocked.
- \*Check off the grocery list those products you already have.
- \*Add foods for breakfasts, lunches and side dishes if needed
- \* **D= dinner, S = side dishes D =desserts & snacks**

### Grocery List - July 2007 - Week 2

Dairy	Meat	Grains/Legumes/Nuts
1 c cream 1	2 c cooked chicken meat (left over from making broth of from 2/3 # breast or thigh meat) 2	¾ c walnuts 2
2c milk 1, S1	1 # cod filets 3	1 package broad rice noodles 4
2 c yogurt 2, S4	5 oz shrimp 3	2 c cooked chickpeas 5
½ # feta cheese 3, S2	1# flank steak 4	2 c rolled oats S1
2 eggs S3	8 skinless boneless chicken thighs 6	2 c rye flourS1
	6 slices bacon S3	2 c cooked rice S3
		2 c cashews D2
		2 c shredded coconut D2
Canned & Frozen	Produce	Miscellaneous
3 c chicken stock 1, 5	3# potatoes 1, 5	½ c raisins 2
1 14 oz can tomato 3	3 bunches green onions 1, 6	½ c rice wine or dry sherry 6
1 T black bean sauce 4	1 # carrots 1, 4, 5	12 bamboo ( or metal) skewers
2 T oyster sauce 4	½ # green beans 1	
24 whole water chestnuts (canned) 4	2 c peas (or frozen) 1	
	½ head cabbage 2	
	3 bell peppers 2, 5, 6	
	1 apple 2	
	6 stalks celery 2, 4	
	½ c parsley 2, S4	
	3 lemons 2, D2	
	Chives 2	
	1 T basil 3	
	1 head broccoli 4	
	½ cauliflower 5	
	1 zucchini 5	
	2 tomatoes 5	
		Produce
		2 cucumbers S4
		2 T cilantro D1
		1 lime D1
		1 jalapeño D1
		1 papaya D1
		2 kiwi D1
		2 starfruit (or mango) D1
		2 c strawberries D1
		4 zucchini S2
		1 pint cherry tomatoes S2
Pantry Items Needed This Week:		
Butter, flour or brown rice flour, sea salt, pepper, honey, arrow root or corn starch, olive oil, coconut oil, rapadura, dry mustard, basil, soy sauce, sesame oil, garlic, onion, cumin, turmeric, red pepper flakes, ginger, baking powder, maple syrup		

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