



Shopping List

Fruits

$\frac{3}{4}$ c pomegranate arils
2 Barlett pears

Vegetables

2 broccoli heads
9 oz baby spinach

Cheese

2 c cheese, shredded
3 oz feta cheese crumbled

Meat/Fish

4 chicken breasts

Bread/Cereal

Condiments/Dressings

$\frac{1}{2}$ c mayonnaise
 $\frac{1}{4}$ c apple cider vinegar
1 $\frac{1}{2}$ t honey
1 t Dijon mustard

Baking

1 T lemon juice
1 c bread crumbs
 $\frac{1}{3}$ c chopped walnuts
 $\frac{1}{2}$ c dried cranberries
3 T olive oil
4 (1 oz) squares
unsweetened baking
chocolate
2 c sugar
1 t vanilla
1 $\frac{1}{4}$ c flour
 $\frac{1}{2}$ t baking powder
2 c powdered sugar
1 $\frac{1}{2}$ t peppermint extract
green food coloring
1 $\frac{1}{4}$ c semisweet
chocolate chips

Spices

Pasta/Rice

2 c rice

Canned Foods

1 can Cream of Chicken

Frozen

Beverages

Dairy

1 c sour cream
2 c butter
4 eggs
2 T milk

Household

Paper/Wraps

Other

