

THE DISH LIST

INGREDIENTS FOR THIS WEEK'S RECIPES

PRODUCE

- ❑ 1 Yellow Squash
- ❑ 1 Zucchini
- ❑ 3 bulbs Garlic
- ❑ 1 bunch Basil
- ❑ 1 Granny Smith Apple
- ❑ 1 cntr. (5 oz.) Central Market Organics Power Greens
- ❑ 2 Carrots
- ❑ 2 Onions
- ❑ 4 Bell Peppers (any color)
- ❑ 1 head Lettuce (butter or romaine)
- ❑ 1 Lime
- ❑ 1 cntr. Mango Pico De Gallo

DAIRY

- ❑ 1 dozen Eggs

FROZEN

- ❑ 1 pkg. (16 oz.) Spinach
- ❑ 1 pkg. (16 oz.) H-E-B Select Frozen Grilled Eggplant Slices

DELI

- ❑ 8 oz. H-E-B In-House Roasted Turkey Breast

GROCERY

- ❑ 1 pkg. Central Organics Ancient Grains Five Grain Blend
- ❑ 1 can Tomato Paste
- ❑ Ground Turmeric
- ❑ Ground Cumin
- ❑ 2 ctns. (32 oz.) Central Market Organics Low Sodium Chicken Broth
- ❑ 1 pkg. Central Market Organics Ancient Grain Barley, Lentils & Split Peas
- ❑ 1 can (15 oz.) Black Beans
- ❑ Jamaican Jerk Seasoning
- ❑ Olive Oil
- ❑ 1 pkg. H-E-B Bake Shop Rounds
- ❑ Non Stick Cooking Spray
- ❑ 1 jar (8 oz.) Classic Tomato Sauce
- ❑ 1 pkg. No Bake Lasagna Noodles
- ❑ Dijon Mustard
- ❑ 1 pkg. Dried Cranberries
- ❑ Salsa
- ❑ Mayonnaise, low fat

MARKET

- ❑ 1 cntr. (8 oz.) H-E-B Non-Fat Ricotta Cheese
- ❑ 1 pkg. (8 oz.) H-E-B Part Skim Shredded Mozzarella
- ❑ 1 pkg. low-fat Swiss cheese
- ❑ 4 links Chicken Feta Sausage
- ❑ 8 oz. Lean Ground Beef
- ❑ 1 pkg. (8 oz.) Shredded Fat-Free Cheddar Cheese
- ❑ 1 pkg. Low Sodium Ham

SEAFOOD

- ❑ 8 oz. Mahi Mahi Fillets

KITCHEN

KEEP THESE BASICS IN STOCK.

GARLIC

Make sure to always have garlic in your kitchen. It tastes great in almost every recipe and may have some health benefits.