

## Weekly Meal Plan Grocery List: 1/15/17-2/21/17

### Produce

- 1/2 red onion
- 1 small sweet onion,
- 2 cups red potatoes
- 1 5-ounce bag mixed greens
- 2 stalks celery
- 3 carrots
- ~15 white mushrooms
- 1 small green bell pepper
- Juice of 1 lemon
- 1 large or 2 medium Granny Smith apples
- 4 avocados
- 1 watermelon radish
- 1 cup sugar snap peas
- 1/2 cup cherry tomatoes
- ¼ cup parsley
- 6 cloves garlic
- 2 tsp. sage, fresh
- 2 tsp. Rosemary, fresh
- ¼ cup fresh basil
- 1 bunch scallions/green onions
- Optional (for serving w/ tacos): lettuce, tomato, cilantro

### Dairy & Eggs

- 3 Tbsp. butter
- 2.5 cups whole milk
- 1 egg
- 1/2 cup crumbled blue cheese
- 1 cup crumbled feta cheese
- 1 tablespoon unsalted butter
- 1/2 cup grated Romano cheese, plus more to serve

## **Meat/Fish**

- 1 lb chicken tenders (Omit for vegetarian menu)

## **Dry/Canned**

- 2 1/2 cups vegetable stock
- 1 can great northern white beans (Save liquid)
- 3 Tbsp. corn starch
- 1/4 cup gluten free flour
- 1/3 cup cornmeal
- ~ 1/2 cup extra-virgin olive oil
- 1 1/2 teaspoon grainy mustard
- 1 teaspoon honey
- 1/3 cup chopped pecans, toasted
- 1 tablespoon avocado oil, or other high-oleic vegetable oil
- 2 1/2 cups pre-cooked lentils {i.e. Trader Joe's Ready-to-Eat Steamed Lentils}  
OR dried lentils to make 2 1/2 cups cooked
- 1 cup polenta
- 8-12 crunchy taco shells
- Optional, for serving w/ tacos: hot sauce

## **Spices**

- 1 teaspoon paprika
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- Salt & Ground Black Pepper

## **Frozen**

- ~ 2 1/2 cups frozen corn