



JULY 24-30, 2023

GROCERY SHOPPING LIST FOR TWO



Proteins

- Chicken breasts – 8 (approximately 4 lbs)
- Cod fillets – 2 (about 1 lb)
- Shrimp – 1 lb
- Eggs – 2 dozen
- Ground beef or pork for meatballs – 1 lb
- Tuna – 4 cans (about 5 oz each)
- Fish fillets for grilling (e.g., salmon, halibut) – 2 (about 1 lb)
- Prosciutto – 1 package (about 4 oz)
- Pepperoni – 1 package (about 4 oz)

Organic Dairy

- Ricotta cheese – 2 small tubs (about 15 oz each)
- Yogurt Greco – 1 large tub (about 32 oz)
- Mozzarella cheese – 1 small block (8 oz)
- Parmesan cheese – 1 small block (8 oz)
- Italian blend cheese – 1 bag (8 oz)

Spices, Herbs, & Condiments

- Dried oregano – 1 small jar
- Dried basil – 1 small jar
- Dried parsley – 1 small jar
- Red pepper flakes – 1 small jar
- Black pepper – 1 small grinder
- Salt – 1 box
- Olive oil – 1 bottle (16 oz)
- Red wine vinegar – 1 bottle
- Dill – 1 small bunch
- Fresh herbs (e.g., basil, parsley) – 2 small bunches
- Caesar salad dressing – 1 bottle
- Sugar – 1 small bag (1 lb)
- Vanilla extract – 1 small bottle
- Protein powder (for smoothie) – 1 small tub (about 1 lb)

Fresh Produce – Vegetables

- Spinach – 3 bags (approximately 15 oz each)
- Lettuce – 2 heads
- Zucchini – 12 medium-sized
- Eggplant – 2 medium-sized
- Fresh tomatoes – 6 medium-sized
- Cucumber – 2 large
- Mixed greens – 2 large bags (approximately 10 oz each)
- Celery – 1 stalk
- Cauliflower – 2 heads
- Garlic – 1 bulb

Fresh Produce – Fruit

- Mixed berries – 4 cups
- Peaches – 4
- Lemons – 8
- Strawberries – 1 pint
- Apples – 5 medium-sized

Pantry

- Capers – 1 jar (about 3.5 oz)
- Anchovy fillets – 1 small jar or tin
- Canned tomatoes – 3 cans (14.5 oz each)
- Tomato paste – 1 small can (6 oz)
- Almond flour – 1 small bag (2 lb)
- Baking powder – 1 small container
- Almond milk (or regular milk) – 1 quart
- Popsicle sticks and mold (for Lemonade Cucumber Spa Pops)
- Pizza sauce – 1 jar (about 14 oz)
- Olives – 1 jar (about 16 oz)