

# Grocery List

"If you keep good food in your fridge, you will eat good food." - Erick McAdams

## Dairy

1/2 CUP BLUE CHEESE  
CRUMBLES\*  
1/2 CUP CHEDDAR CHEESE\*,  
SHREDDED

## Produce

2 RED BELL PEPPERS  
1 YELLOW BELL PEPPER  
3 MEDIUM ZUCCHINI  
3 CARROTS  
3 CUPS BRUSSELS SPROUTS  
5 ONIONS  
2 WHITE SWEET POTATOES  
1/2 CUP GRAPE TOMATOES  
1 CUP SHREDDED RED CABBAGE  
4 CUPS BABY SPINACH  
8 CUPS MIXED GREENS  
1 HEAD GARLIC  
1 BUNCH GREEN ONIONS  
1 BUNCH FRESH PARSLEY  
1 BUNCH FRESH THYME  
1 CUP STRAWBERRIES  
1 CUP BLUEBERRIES

## Proteins

3/4 LB SIRLION STEAK  
1 3/4 LBS RAW SHRIMP  
2 LBS CHICKEN BREAST  
2-3 STRIPS BACON  
1 LB DELI ROAST BEEF  
4 1-INCH THICK PORK CHOPS

## Other

BAMBOO OR METAL SKEWERS  
4 CUPS BEEF BROTH  
1 CUP CHICKEN BROTH  
1/4 CUP TOMATO SAUCE  
PEANUT SAUCE\*  
RICE VINEGAR  
PEANUT OIL  
1/2 CUP CHARDONNAY OR DRY  
WHITE WINE  
RASPBERRY VINAIGRETTE\*  
BALSAMIC VINAIGRETTE\*  
4 WHOLE-GRAIN BURGER BUNS\*  
1/2 CUP WALNUTS  
2 TBSP PEANUTS

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