



Diane's Daily Dish™

Week 2

Shopping List

VEGGIES

3 red bell peppers
1 bulb garlic
3 onions
6 carrots
3 heads Romaine lettuce
small head of celery
4 medium zucchini
1 bunch green onions
2 large tomatoes

FRUITS

CEREALS/GRAINS/BREAD

(3g+ fiber & ≤3g fat per serving)

4 oz. brown rice or couscous
2C pearl barley
1 lb. box whole wheat pasta

DAIRY(<3gfat per serving)

8 oz. plain lowfat yogurt
8 oz. parmesan cheese

MEAT/POULTRY/FISH/EGGS

4 tilapia filets (about 6oz. each)
2 lbs. ground turkey breast
3 lb. skinless/boneless chicken breast

NUTS/SEEDS

2 T ground flax seed

GROCERY

1 quart olive oil
garlic powder
ketchup
sm. bottle horseradish
bottle Worcestershire sauce
3 qt. low sodium broth

1 box Panko bread crumbs
dried oregano
dried parsley
dried cilantro
dried rosemary
4oz. low sodium soy sauce

salt
pepper
2 cans chickpeas
ground ginger
sesame or peanut oil