

Diane's Daily Dish™

March

Shopping List

VEGGIES

3 onions
2 jalapeno peppers
2 bell peppers
1 bunch fresh cilantro
2 carrots
2 ribs celery
1 bunch fresh parsley
1 bunch fresh basil
1 bulb garlic
4 Poablano or Anaheim peppers

FRUITS

1 lemon

CEREALS/GRAINS/BREAD

(3g+ fiber & ≤3g fat per serving)

1 lb. box whole grain linguine
10 whole grain crackers

DAIRY(<3gfat per serving)

2C low-fat milk
8 oz. parmesan cheese
1C reduced fat cheddar

MEAT/POULTRY/FISH/EGGS

4 tilapia filets (about 6oz.each)
3 lbs. ground turkey breast
1 lb. skinless/boneless chicken breast
1 roasting chicken (about 4 - 5 lbs)
3 eggs

NUTS/SEEDS

1C pistachios

GROCERY

1 quart olive oil
garlic powder
onion powder
dried rosemary
cumin
4oz. low sodium soy sauce
1/2C natural peanut butter
2 - 28oz cans whole tomatoes
1 small can chipotle chili in Adobo

2C cornmeal
dried oregano
dried basil
ground red pepper
1 qt. low sodium broth
2C tomato paste
3C cooked kidney beans
balsamic vinegar

salt
pepper
dried thyme
chili powder
2cups dry red wine
1/4C cocoa powder
5C diced tomatoes
rice wine vinegar