



Summer Shopping List

this shopping list is designed for my Summer seasonal menu in Go Green Get Lean

Fruits & Vegetables*

Fresh berries
 Peaches
 Cucumbers
 Jalapeño Pepper
 Red Bell Pepper
 Orange Bell Pepper
 Yellow Bell Pepper
 Red Onion
 Onion
 Ripe Tomatoes
 Garlic Cloves
 Lemons
 Limes
 Scallions
 Potatoes
 Fresh Corn
 Summer Lettuce
 Fresh Salsa
 Zucchini
 Plums (*or other stone fruit*)
 Green Beans
 Cantalope or other melon
 Raisins

Nuts & Legumes**

Chopped Almonds
 Sunflower Seeds
 Pine Nuts
 Walnuts

Dairy*

Eggs
 Local Sharp Cheese
 Nonfat Greek Yogurt
 Soy milk
 Non fat Milk

Juices

Pomegranate Juice
 Low Sodium tomato juice

Baking Supplies

Raw Local Honey
 Vanilla
 Salt

Cereals & Crackers**

Oatmeal
 Cinnamon Granola
 Whole Grain Breakfast Cereal

Pastas & Grains**

Bulgur Wheat
 Falafel
 Quinoa or whole wheat couscous

Breads

Whole Grain Bread
 Whole Wheat Soft Taco Shells
 Whole Wheat Pita Bread
 Multigrain waffles

Canned Goods

White Beans
 Black Beans
 Kidney Beans (*or garbanzo or navy*)

Condiments/ Cooking Supplies

Olive Oil
 Canola Oil
 Maple syrup
 All Natural Peanut Butter

Meat/Poultry & Soy

Organic Turkey Breast
 Organic Chicken
 Soy Sausages

Seafood

Green Fish (*your favorite*)

Spices & Herbs

Black Pepper
 Fresh Mint
 Fresh Parsley
 Fresh Ginger
 Fresh Basil
 Chili Powder
 Paprika
 Ground Cumin
 Fresh Cilantro
 Fresh Chives
 Lemon Thyme
 Fresh Basil
 Paprika
 Ground Cinnamon

* local and organic to the extent you can ~ TIP: try to find sources grown as close to home as possible
 ** buy from bulk bins if possible