

Grocery Shopping List - Week Eleven

- 2 Bags spinach
- Scallions
- Ginger root
- 2 Bunches dandelion greens
- 2 Firm eggplants
- Organic carrots
- Organic celery
- Lemons
- Organic romaine or mixed greens
- Organic tomatoes
- Garlic
- Bananas
- Eggs
- Ezekiel bread
- Whole wheat bread
- Brown rice
- Pasta (shell shape)
- Flour (oat or garbanzo)
- Granola
- Green Tea
- Peanut or almond butter
- Ghee
- Mozzarella cheese
- Organic butter
- Organic milk, or almond
- Mild Parmesan cheese
- Tahini (sesame paste)
- Raw almonds
- Sesame seeds
- Nori sheets
- 20 oz Can pineapple
- Black bean sauce
- Corn grits
- Whole wheat bread crumbs (easy to make yourself)
- 3 Cans cannellini beans or dried
- Can of whole organic tomatoes
- 1 Can of chick peas (garbanzo beans)
- Extra virgin olive oil
- Large organic chicken broth
- Pure maple syrup
- Grape seed oil
- Cumin
- Coriander
- Sea salt
- 1lb Boneless organic chicken
- 1/2 lb Bay scallops