

EAT MORE FOOD IN 2012

Shopping List 2

<p><u>Vegetables</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Broccoli<input type="checkbox"/> Celery<input type="checkbox"/> Chard<input type="checkbox"/> Kale<input type="checkbox"/> Spinach<input type="checkbox"/> Bok Choy<input type="checkbox"/> 2 Bulbs of Fennel<input type="checkbox"/> Mushrooms<input type="checkbox"/> Squash, kabocha<input type="checkbox"/> Squash, spaghetti<input type="checkbox"/> 2 Zucchini<input type="checkbox"/> Cauliflower<input type="checkbox"/> Ginger<input type="checkbox"/> Green Onions<input type="checkbox"/> Sprouts <p><i>What I had leftover (veggies I buy in larger quantities):</i> <i>- sweet potatoes, onions, garlic, carrots</i></p>	<p><u>Whole Grains, Beans & Starches</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Steel Cut Oats<input type="checkbox"/> White Beans <p><i>In the pantry:</i> <i>Buckwheat, millet, whole wheat couscous, lentils, frozen sprouted grain bread</i></p>	<p><u>Protein Sources</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Eggs <p><i>In the freezer/pantry:</i> <i>- Salmon, tilapia, chicken legs, chicken breasts, soybeans</i></p>
	<p><u>Fruit</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Strawberries<input type="checkbox"/> Natural Applesauce <p><i>In the freezer:</i> <i>- Blueberries, mixed berries, brown bananas</i></p>	<p><u>Extras</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Tomatillos <p><i>Seasonings:</i> <i>- chili powder, cinnamon, cumin, turmeric, curries, sea salt, pepper, etc.</i></p>
	<p><u>Fats</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Cheese (lactose free shredded) <p><i>On hand:</i> <i>Healthy oils like flax/ nut/ olive, roasted nuts, nut butters, oily fish like salmon and sardines</i></p>	