

POSITIVELY STACEY

September Dinner Shopping List

Sunday, September 17 - Saturday, September 23

From the Pantry:

Coconut Oil
Dried Basil
Kosher Sea Salt
Freshly Ground Pepper
Maple Syrup
Thai Fish Sauce
Chili Paste
Extra virgin olive oil
Hot Sauce

Canned/Dried Foods:

Can Organic Chopped Tomatoes, 28 oz.
Bean Thread Noodles, 3 1/2 ounces
Polenta
Cashews, 1/4 cup
Refried Beans, 1 can
Whole Black Beans, 1 can
Salsa
Couscous
Quinoa

Meat Counter:

Beef Short Ribs
Flank Steak, 2 pounds
Italian Sausage
Ham
Chicken Thighs
Tilapia

Dairy Aisle:

Shredded Cheese - Mexican Style
Eggs
Sliced Cheese
Butter

Bread Aisle:

Tortillas
Sliced Bread

Fresh Produce:

Mushrooms
3 Yellow onions
Broccolini
Carrots, 3 large
Garlic, 3 cloves
Red Bell Pepper, 3
Yellow Bell Pepper, 1
Orange Bell Pepper, 1
Limes, 2
Ginger, 1 Tbsp grated
Arugula, 2 cups
Red cabbage
Fresh Mint, 1 cup
Fresh Cilantro, 1 cup
Fresh Basil Leaves, 1 cup
English cucumber, 1
Avocado
Brussel Sprouts
Zucchini, 1

Freezer:

Other:

Red Wine