

*POSITIVELY STACEY*  
September Dinner Shopping List  
Monday, September 4 - Saturday, September 9

**From the Pantry:**

Mayonaise  
Extra virgin olive oil  
Kosher salt  
Freshly ground pepper  
Balsamic vinegar  
Dried basil  
Dried thyme  
Ground cumin  
Ground chipotle chile powder  
Greek Goddess salad dressing

**Canned Foods:**

1 - 15 ounce can white beans  
1 - 15 ounce can kidney beans  
2 - 15 ounce can black beans  
8 cups vegetable broth  
1 can (10 3/4 ounces) Campbell's®  
Healthy Request® Condensed Healthy  
Request® Tomato Soup  
1 - 15-oz can low-sodium diced tomatoes  
Kalamata olives  
Pace Picante Sauce  
Corn  
Tuna

**Meat Counter:**

2.5 pounds chicken breast  
2 pounds ground turkey

**Dairy Aisle:**

Feta cheese  
Sliced Swiss Cheese  
5 large eggs

**Bread Aisle:**

Corn tortillas  
English Muffins

**Fresh Produce:**

2 medium yellow onions  
2 medium red onions  
1 medium carrot  
6 cups peeled and cubed butternut  
squash  
6 cups chopped kale  
9 cloves garlic  
15 basil leaves  
Ginger (1 tablespoon minced)  
Celery  
Romaine Lettuce  
Shredded carrots  
1 bunch asparagus  
Cucumbers  
1 Red pell pepper  
Cherry tomatoes  
3 cups shredded green cabbage  
Kale Salad bag  
Cantaloupe  
Green Beans

**Freezer:**

Frozen Pizza

**Other:**