

## Shopping List

### Produce:

- broccoli (3 heads)
- garlic (4 cloves)
- cucumber (1)
- onion (1)
- lime (1)
- dill (1 bunch)
- bag of mixed greens

### Center Aisles:

- broth (1 ½ cups, chicken or vegetable)
- diced tomatoes (2 cans)
- tomato paste (6 oz can)
- salsa (1 jar)
- pizza sauce (1 cup)
- pasta (1 cup elbow, rotini, or penne)
- black beans (3 cans)
- chickpeas (2 cans)
- frozen peppers & onions (16 oz bag)
- frozen butternut squash (10 oz bag)
- frozen corn (10 oz bag)
- whole wheat tortillas (8)
- whole wheat pitas (4)

### Dairy:

nonfat, plain Greek yogurt (⅓ cup)

- shredded cheese (2 cups)

### Deli:

- chicken breast (1 lb)

### From your pantry:

- oil (olive, canola, or vegetable)
- vinegar
- chili powder (1 Tbsp)
- cumin (2 Tbsp)
- oregano (2 Tbsp)
- garlic powder (½ tsp)
- salt
- pepper