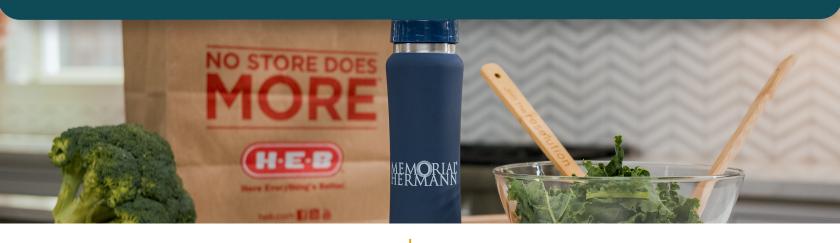
## shopping list



PRODUCE		CONDIMENTS
	Sweet potatoes, 1 lb	☐ Low-fat mayonnaise, ¼ cup
	Asparagus, 1 bunch	☐ Thai red curry paste, 2 tablespoons
	Fresh or frozen lime leaves, 2	☐ Fish sauce, 1 tablespoon
	or lime zest, ¼ teaspoon	
	Arugula, 2 cups	CANNED GOODS
	Fresh basil leaves, ½ cup	☐ "Lite" coconut milk, 1 14-ounce can
	Onion, 1½ cups chopped	☐ H-E-B® Black Beans, 1 15-ounce can
	Poblano peppers. 1 cup chopped	☐ Kidney beans, 1 15-ounce can
	Garlic, 7 cloves	5.4151/
	Fresh oregano, 1 tablespoon chopped	DAIRY
	Fresh corn, 1 cup kernels	☐ Gruyère or Swiss cheese,
	H-E-B® Fresh Kale Greens,	⅓ cup shredded
	l cup chopped	☐ Reduced-fat cream cheese,
	Lime juice, 1 tablespoon	2 tablespoons
	Fresh parsley, 1 tablespoon chopped	☐ Nonfat plain Greek yogurt, ¼ cup
	Bell peppers, 4 medium-to-large Currants, ½ cup	SPICES/HERBS
	Fresh mint, ¼ cup chopped plus	☐ Chili powder, 1 tablespoon
ш	more for garnish	Ground cumin
	Orange, 1 teaspoon freshly grated zest	☐ Ground cinnamon
	Lemons, 1 tablespoon juice	☐ Tarragon, 1 tablespoon chopped
	and 4 wedges for serving	☐ Cayenne pepper, ¼ tablespoon
	and i weages for serving	☐ Fresh ground pepper
PROTEIN		☐ Salt
	Mexican-style chorizo, ¾ cup	
_	chopped and cooked	OTHER
	H-E-B® Natural Boneless Skinless	☐ Extra-virgin Olive Oil
	Chicken Breasts, 4 boneless skinless	☐ Low-sodium chicken broth, 4 cups
	(1¼-1½ lbs)	☐ Whole-wheat breadcrumbs,
	Ham, ¼ cup chopped (about 1 ounce)	enough for 1 cup
	Ground beef, 1 lb lean (90% or leaner)	☐ Microwavable brown rice,
	Cod, 1-1¼ pounds, skinned if desired,	1 8- to 10-ounce bag
	cut into 4 portions	□ Low-sodium vegetable juice. 2½ cup: