

shopping list



PRODUCE

- ☐ Chopped onion, 1
- ☐ Diced bell pepper, 1
- ☐ Baby spinach, enough for 8 cups or 10 ounces
- ☐ Medium zucchini, 1
- ☐ Limes, 2
- ☐ Scallions, 2
- ☐ Sliced mushrooms, 4 ounces
- ☐ Chopped celery, enough for $\frac{3}{4}$ cups
- ☐ H-E-B® Fresh diced carrots, enough for $\frac{3}{4}$ cups
- ☐ Chopped shallots, enough for $\frac{1}{4}$ cup
- ☐ Garlic cloves, 5
- ☐ New potatoes, 12

PROTEIN

- ☐ H-E-B® Natural Pork tenderloin, 1-1 $\frac{1}{4}$ lbs
- ☐ Shredded cooked chicken, 12 ounces
- ☐ Eggs, 4
- ☐ Peeled, deveined raw shrimp, 20

CANNED GOODS

- ☐ 1 15-ounce chickpeas
- ☐ 1 14-ounce can reduced-sodium chicken broth
- ☐ Crushed tomatoes, enough for 4 cups
- ☐ 1 15-ounce can no-salt-added chickpeas

DAIRY

- ☐ H-E-B® New York Style Extra Sharp Cheddar Shredded Cheese, enough for $\frac{3}{4}$ cup
- ☐ Reduced-fat sour cream, enough for $\frac{1}{2}$ cup

- ☐ Heavy cream, enough for $\frac{1}{4}$ cup
- ☐ Nonfat plain yogurt, enough for $\frac{1}{2}$ cup

SPICES/HERBS

- ☐ Ancho chile powder
- ☐ Onion powder
- ☐ Chopped, fresh parsley, enough for 2 tablespoons
- ☐ Chopped, fresh thyme, enough for 1 tablespoon
- ☐ Chopped, fresh cilantro, enough for 2 tablespoons
- ☐ Curry powder

OTHER

- ☐ Canola oil
- ☐ 1 can prepared coconut curry simmer sauce
- ☐ Vegetable broth
- ☐ Pre-cooked brown rice, enough for 2 cups
- ☐ H-E-B® Raw & Unfiltered Texas Wildflower Honey, enough for $\frac{1}{4}$ cup
- ☐ Reduced sodium soy sauce
- ☐ Salt
- ☐ Extra virgin olive oil
- ☐ Quick grits, enough for $\frac{1}{2}$ cup
- ☐ Ground black pepper
- ☐ All purpose flour
- ☐ Reduced sodium chicken broth, enough for 4 cups
- ☐ Quick cooking or instant wild rice, enough for 1 cup