

YOUR BUDGET MEALS SHOPPING LIST

Roasted Garlic, Turnip & Parm Pasta	Buffalo Chickpea Burgers with Blue Cheese Yogurt Sauce*	Cashew Ginger Chicken Stir-Fry with Mango	Baked Eggs in Artichokes with Bacon Chive Bread Crumbs	Spicy Peri Peri-Roasted Chicken with Sweet Potatoes & Kale
PRODUCE				
<input type="checkbox"/> 2 heads garlic <input type="checkbox"/> 1 turnip <input type="checkbox"/> 1 yellow onion <input type="checkbox"/> 1 lemon <input type="checkbox"/> 1 16-oz pkg fresh or frozen shelled peas <input type="checkbox"/> 4 oz baby spinach	<input type="checkbox"/> 1 clove garlic <input type="checkbox"/> 2 stalks celery <input type="checkbox"/> 1 carrot <input type="checkbox"/> 2 green onions <input type="checkbox"/> 1 bunch fresh flat-leaf parsley <input type="checkbox"/> 1 head romaine lettuce	<input type="checkbox"/> 1 3-inch piece fresh ginger root <input type="checkbox"/> 6 cloves garlic <input type="checkbox"/> 12 oz broccoli <input type="checkbox"/> 1 daikon radish <input type="checkbox"/> 4 green onions <input type="checkbox"/> 3 carrots <input type="checkbox"/> 1 mango	<input type="checkbox"/> 4 artichokes <input type="checkbox"/> 1 16-oz pkg baby spinach <input type="checkbox"/> 2 shallots <input type="checkbox"/> 1 bunch fresh chives <input type="checkbox"/> 4 cloves garlic	<input type="checkbox"/> 1 lemon <input type="checkbox"/> 1 red onion <input type="checkbox"/> 1 bunch fresh flat-leaf parsley <input type="checkbox"/> 5 cloves garlic <input type="checkbox"/> 1 habanero chile pepper <input type="checkbox"/> 1 red bell pepper <input type="checkbox"/> 2 sweet potatoes (1 lb) <input type="checkbox"/> 1 9-oz bunch curly kale
GRAINS & LEGUMES				
<input type="checkbox"/> 1 16-oz pkg whole-grain spirals	<input type="checkbox"/> 1 19-oz BPA-free can unsalted chickpeas <input type="checkbox"/> 1 bag quinoa <input type="checkbox"/> 1 bag white whole-wheat flour <input type="checkbox"/> 8 whole-grain hamburger buns		<input type="checkbox"/> ½ loaf whole-grain crusty bread	
EGGS & DAIRY				
<input type="checkbox"/> 6 oz Parmesan cheese with rind	<input type="checkbox"/> 1 large egg <input type="checkbox"/> ½ 8-oz container whole-milk yogurt <input type="checkbox"/> 4 oz blue cheese		<input type="checkbox"/> 8 large eggs	
PROTEIN				
		<input type="checkbox"/> 12 oz boneless, skinless chicken thighs	<input type="checkbox"/> ½ 10-oz pkg organic bacon, no added nitrates or nitrites	<input type="checkbox"/> 8 chicken drumsticks (about 2 lb)
PANTRY STAPLES				
<input type="checkbox"/> 1 bottle olive oil <input type="checkbox"/> ¼ stick organic unsalted butter <input type="checkbox"/> 1 bottle red pepper flakes <input type="checkbox"/> 1 32-oz container low-sodium vegetable or chicken broth <input type="checkbox"/> 1 jar sea salt	<input type="checkbox"/> 1 bottle red wine vinegar <input type="checkbox"/> 1 bottle ground cayenne pepper <input type="checkbox"/> 1 bottle ground celery seed <input type="checkbox"/> 1 bottle garlic powder <input type="checkbox"/> 1 jar sea salt <input type="checkbox"/> 1 jar ground black pepper <input type="checkbox"/> 1 bottle Dijon mustard <input type="checkbox"/> 1 bottle olive oil	<input type="checkbox"/> 1 bottle soy sauce <input type="checkbox"/> 1 bottle rice vinegar <input type="checkbox"/> 1 bottle raw honey <input type="checkbox"/> 1 bottle ground cayenne powder <input type="checkbox"/> 1 jar sea salt <input type="checkbox"/> 1 32-oz container low-sodium chicken broth	<input type="checkbox"/> 1 bottle olive oil <input type="checkbox"/> 1 jar sea salt <input type="checkbox"/> 1 jar ground black pepper <input type="checkbox"/> 1 32-oz container low-sodium vegetable or chicken broth <input type="checkbox"/> 1 bottle Dijon mustard <input type="checkbox"/> 1 bottle apple cider vinegar	<input type="checkbox"/> 1 bottle ground paprika <input type="checkbox"/> 1 bottle red wine vinegar <input type="checkbox"/> 1 jar sea salt <input type="checkbox"/> 1 bottle olive oil <input type="checkbox"/> 1 jar ground black pepper
MISCELLANEOUS				
	<input type="checkbox"/> 1 oz roasted unsalted cashews	<input type="checkbox"/> ½ 9.5-oz bag raw unsalted cashews <input type="checkbox"/> 1 16-oz bag tapioca starch		

***RECIPE NOTE:** If you're making the Spicy Peri Peri-Roasted Chicken with Sweet Potatoes & Kale and the Buffalo Chickpea Burgers with Blue Cheese Yogurt Sauce, 1 bunch of flat-leaf parsley will cover you for both recipes. ©