

# THE SHOPPING LIST

---

## STAPLES

- 3 cans diced tomatoes in juice
- 3 cans reduced-sodium chicken broth
- 2 cans black beans
- oil: olive, vegetable
- 2 cans chunk light tuna in water
- vinegar: rice, white-wine
- Worcestershire sauce
- Dijon mustard
- soy sauce
- cornstarch
- chili powder
- long-grain white rice
- spaghetti
- whole-wheat bread

## PRODUCE

- 1 bunch parsley
- 2 lemons, 2 limes
- 3 red onions
- 6 carrots
- 2 heads red-leaf lettuce
- 2 sweet potatoes
- 1 head garlic
- 1 bunch scallions
- 2 bell peppers

## MEAT/POULTRY

- 4 boneless, skinless chicken breast halves
- 1 top round steak
- 1 pork tenderloin

## MISCELLANEOUS

- 2 packages frozen leaf spinach
- 1 package frozen cut green beans
- 1 package frozen broccoli florets
- 1 package frozen corn kernels
- 1 jar capers
- Kalamata olives
- 1 can pineapple chunks in juice
- tortilla chips
- walnuts
- dry white wine

## DAIRY

- butter
- grated Parmesan
- plain low-fat yogurt