

Checklists & Charts: The Shopping List—Grocery Bag: Six Convenient Staples

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PRODUCE

- 1 small red onion
- 1 medium yellow onion
- 1 head garlic
- 1 lime
- 1 lemon
- 1 head romaine lettuce
- 15 ounces baby spinach
- 1 bunch scallions
- 1 bunch parsley
- 1 bunch cilantro
- 1 tomato
- 1 avocado
- 1 pound asparagus

STAPLES

- extra-virgin olive oil
- chili powder
- red-wine vinegar
- 1 pound spaghetti
- unsalted butter
- all-purpose flour

MEAT / POULTRY

- 1 rotisserie chicken
- 1 1/2 pounds Italian sausage

DAIRY

- 2 ounces Monterey Jack cheese
- 8 ounces fresh mozzarella

MISCELLANEOUS

- 4 corn tortillas
- 2 cans (15 ounces each) cannellini beans
- 2 cans (5 ounces each) solid white tuna
- 2 cans (28 ounces each) whole tomatoes
- 1/4 cup green olives
- 1 loaf crusty bread
- frozen peas
- 1 pound pizza dough
- couscous

