

# Grocery List

## Produce

1 clove garlic  
2 cups shredded cabbage (I like to use a bag of coleslaw mix)  
4 small zucchinis  
Russet or sweet potatoes to bake as a side  
Lettuce and salad fixings for 2 dinners

## Frozen

1 (14 ounce) package stir-fry vegetables (about 4 cups total)  
1/2 cup diced onion (or can sub with fresh onion)

## Refrigerated

3 eggs  
1/2 cup grated Parmesan cheese  
2 cups shredded mozzarella cheese  
1 cup shredded cheddar cheese

## Meat & Seafood

1/2 lb. boneless, skinless chicken breast  
1 lb. extra lean ground beef (I use 96% lean)  
15 slices turkey pepperoni

## Deli

## Packaged

8 ounces wholegrain angel hair pasta  
2 teaspoons sesame oil  
3 T. chicken broth  
3 T. soy sauce  
1 T. oyster sauce  
1 T. brown sugar or coconut palm sugar  
1 teaspoon cornstarch  
1 (8 ounce) can sliced bamboo shoots  
1/2 cup Panko breadcrumbs (wholewheat or regular)  
6 T. ketchup  
14 ounces pizza sauce