

Chef CAT CORA'S Shopping List

Make a week's worth of meals for \$150 or less! Use chef Cat Cora's grocery list as your guide, but remember, prices vary by store and brand.

Produce

- Lemons/Limes – 5 lemons, 2 limes
- Bananas – 2 bananas
- Bagged Salad Greens – 1 bag
- Butterleaf Lettuce – 1 small head
- Onions – 3 lb bag
- Russet Potatoes – 1 large bag of 12 potatoes
- Sweet Potatoes – 1.5 lbs.
- Button Mushrooms – 1 small container
- Scallions – 2 bunches
- Tomatoes – 1 pint (Cherry tomatoes preferred)
- Apples – 2 apples (any variety)
- Fresh Cilantro/Mint – 1 small package/
bunch each

Dairy/Protein

- Chicken Breast, Thigh, Leg – 3 chickens
- Pork Loin Chops – 1 package of 4 chops
- Turkey Bacon – 1 small package of 12 slices
- Tilapia, or other inexpensive fish – 3 filets
- Cheeses (Cheddar, Parmesan) – 2 cups total
(1 cup each)
- Eggs – 2 dozen
- Low Fat/Non-Fat Plain Yogurt – 2 6-oz.
containers
- Milk, Soy/Lowfat/NonFat – 1 quart
- Butter – 1 lb box (4 sticks)

Dry Goods

- Whole Wheat Tortillas – 1 small package
- Low Fat Granola Cereal – 1 small box cereal
- Pancake Mix – 1 small bag or box
- Whole Wheat Pasta – 4 boxes (2 boxes of farfalle and 2 boxes of spaghetti)
- Orzo – 1 box
- Brown rice – 1 bag
- Nuts – 1 small bag or container assorted
(pecans, walnuts)

Canned Goods

- Tomato Paste – 1 small can
- Reduced Fat/Sodium Cream of Mushroom Soup – 1 can
- Jarred Roasted Red Peppers – 1 12-oz jar
- Chopped tomatoes – 1 6-oz can
- Canned Tuna – 1 small can
- Canned Beans/Legumes – 3 cans garbanzo,
2 cans kidney
- Lentils – 1 bag
- Jarred Red Salsa – 1 jar
- Black/Kalamata Olives – 1 can

Condiments/Spices

- Soy Sauce – 1 small bottle
- Flavored Vinegar – 1 bottle red wine vinegar
- Dijon Mustard – 1 small bottle/jar
- Spices/Dried Herbs – Mixed Italian Seasoning,
Curry Powder, Caribbean Jerk Seasoning

Frozen

- Fresh Frozen Mixed Vegetables
(peas, broccoli, spinach, green beans, corn)
– 1 bag of each
- Fresh Frozen Mixed Fruit (assorted berries,
mango) – 1 bag of each