



Jessica Seinfeld

Grocery Shopping Essentials

Freezer

- Edamame
- Peas
- Spinach
- Mixed Vegetables
- Whole Grain Pizza

Pantry

- 100 percent whole wheat bread
- Olive oil
- Garlic
- Canned tomatoes
- Natural peanut butter

Refrigerator

- Organic milk
- Parmesan cheese
- Eggs
- Greek yogurt
- Cottage cheese

Spices

- Garlic powder**
For steak and chicken
- Red pepper flakes**
For pasta, red sauces, pizza and soup
- Bay leaves**
For rice, soup, broth, chicken, sauces and stews
- Oregano or Italian seasoning**
For fish, steak, chicken and sauces.
- Cinnamon**
For breakfasts, desserts and snacks
- Peppercorns**
- Kosher salt**

Produce Essentials

- Fresh basil
- Fresh parsley
- Winter squash
- Broccoli
- Carrots
- Berries

