

Week 1 Shopping List

Divided into two easy trips. Print at EatRealAmerica.com.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entree	Slow Cooker Enchilada Soup Bar p.49	Easy Peasy Cheeseburger Macaroni p.51	Southwest Stuffed Sweet Potatoes p.53	Baked Fish Parmesan p.55	Cheeseburger Quesadillas p.57	Mexican One-Pot Pasta p.59	Citrus Grilled Chicken or Shrimp p.61
Side	Easy Everyday Salad p.113	Broccoli Poppers and Carrots p.137	Easy Everyday Salad p.113	Honey Dijon Roasted Veggies p.137	Steamed Broccoli with Garlic Dijon Dressing p.135	Easy Everyday Salad p.113	Sweet Surprise Corn Salad p.117

First Half of Week (Mon-Thurs)

Second Half of Week (Fri-Sun)

Produce

- garlic (1 bulb or garlic powder)
- onions: white or yellow (1), red (1)
- potatoes: regular (1 lb), sweet (4)
- avocados (3)
- green beans (1/2 lb)
- tomatoes: cherry (2 pints)
- jalapeños (2)
- broccoli (2 crowns)
- cucumber (2)
- radishes (1 bunch)
- fresh salad greens (spinach or romaine, 8 cups)
- fresh cilantro (1/2 bunch)
- carrots: large (2), petite baby (24 oz)

- garlic (1 bulb or garlic powder)
- onions: white or yellow (3), red (1)
- mushrooms, whole (8 oz) opt, sliced (8 oz)
- butternut squash (1)
- bell peppers: red (1), green or yellow (1)
- tomatoes: cherry (1 pint), medium (1)
- jalapeño (1)
- broccoli (2 crowns)
- cucumber (2)
- radishes (1 bunch)
- fresh salad greens (spinach or romaine, 4 cups + 3 cups opt)
- fresh cilantro (1/2 bunch)
- carrots: large (1)
- blueberries (1 cup)
- citrus fruit: orange (1), lemon (1), lime (2)

Meat / Seafood

- chicken breasts (skinless, boneless, 1 lb)
- lean ground beef (1 lb)
- tilapia (or cod or flounder, 1.5 lbs)

- chicken breasts (skinless, boneless, 1 lb)
- lean ground beef (1 lb)
- chicken breasts (skinless, boneless, 1 lb)
OR raw shrimp (peeled, deveined, 2 lbs)

Bakery

tortilla chips

whole wheat flour tortillas (8) or corn tortillas (16)
 multi-grain artisan bread (1 loaf) or 1 cup rice for GF option

Dairy

shredded cheddar cheese (1 3/4 cup)
 shredded Parmesan cheese (1/2 cup)
 plain nonfat Greek yogurt (1/2 cup)
 crumbled cheese (feta, blue or gorgonzola, 1/2 cup), opt
 shredded part-skim mozzarella cheese (1/4 cup)
 milk (skim, almond or soy, 2 cups)

shredded cheddar cheese (1 cup)
 shredded Monterey Jack cheese (2/3 cup)
 plain nonfat Greek yogurt (1/2 cup)
 crumbled cheese (feta, blue or gorgonzola, 1/4 cup), opt

Dry / Canned

enchilada sauce* (1 can, 10 oz)
 diced tomatoes (1 can, 14.5 oz)
 black beans (2 cans, 15 oz each)
 beans (garbanzo, black or navy, 2 cans, 15 oz each)
 elbow macaroni* (whole wheat or whole-grain, 1 1/2 cups)
 low-sodium chicken broth (4 cups)
 dried fruit (cranberries or raisins, 1/2 cup)
 chopped nuts (almonds, walnuts or pecans, 1/2 cup)
 salsa (1 cup)
 panko bread crumbs* (1/2 cup)
 marinara sauce (1 jar, 24 oz)
 chipotle chiles in adobo*, opt

enchilada sauce* (1 can, 10 oz)
 fire-roasted diced tomatoes (with garlic, 1 can, 14.5 oz)
 black beans (2 cans, 15 oz each)
 beans (garbanzo, black or navy, 2 cans, 15 oz)
 penne pasta* (whole wheat or whole-grain, 8 oz)
 low-sodium vegetable or chicken broth (1 cup)
 dried fruit (cranberries or raisins, 1/4 cup)
 chopped nuts (almonds, walnuts or pecans, 1/4 cup)
 dill pickles (chopped, 1/2 cup)

Frozen

frozen veggies: corn (3 cups), peas (1 1/2 cups)

frozen veggies: corn (3 cups)

Pantry Checklist

Full Week

Vinegars / Oils	Condiments	Herbs / Spices		Baking / Other
<input type="checkbox"/> balsamic vinegar <input type="checkbox"/> white balsamic vinegar <input type="checkbox"/> white wine vinegar <input type="checkbox"/> olive oil	<input type="checkbox"/> Dijon mustard <input type="checkbox"/> honey <input type="checkbox"/> natural ketchup <input type="checkbox"/> Worcestershire sauce <input type="checkbox"/> yellow mustard	<input type="checkbox"/> bay leaf <input type="checkbox"/> chili powder <input type="checkbox"/> dried oregano <input type="checkbox"/> dried rosemary <input type="checkbox"/> garlic powder <input type="checkbox"/> ground coriander	<input type="checkbox"/> ground cumin <input type="checkbox"/> ground turmeric <input type="checkbox"/> onion powder <input type="checkbox"/> paprika <input type="checkbox"/> smoked paprika	<input type="checkbox"/> cornstarch (or arrowroot) <input type="checkbox"/> sugar <input type="checkbox"/> salt <input type="checkbox"/> black pepper

*choose a gluten-free (GF) variety if desired

Week 2 Shopping List

Divided into two easy trips. Print at EatRealAmerica.com.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entree	Slow Cooker Balsamic Pork Stuffed Potatoes p.65	Southwest Quinoa with Simple Guacamole p.67	Encore Balsamic Pork and Pepper Quesadillas p.69	Baked Salmon Patties with Spicy Tartar Sauce p.71	Spinach Artichoke Pesto Pizza p.73	Zesty Shrimp and Broccoli Stir Fry over Rice p.75	Baked Chicken Parmesan over Spaghetti Squash p.77
Side	Crunchy Coleslaw (first half) p.115	Massaged Kale Salad p.119	Crunchy Coleslaw (second half) p.115	Curry Roasted Cauliflower and Carrots p.139	Everyday Hummus with Veggies p.197	Super Cinnamon Applesauce p.74	Roasted Brussels Sprouts p.139

First Half of Week (Mon-Thurs)

Second Half of Week (Fri-Sun)

Produce

- garlic (2 bulb or garlic powder)
- sweet potatoes (4)
- bell peppers (all colors, 5)
- jalapénos (2)
- onion (red or white, 1)
- mushrooms, sliced (8 oz)
- cauliflower (1 head)
- baby carrots (petite, 12 oz)
- shredded cabbage and carrots (coleslaw mix, 8 cups)
- salad greens (8 cups, if serving salmon patties on greens)
- kale (1 bunch)
- avocados (2)
- citrus fruit: lemons (2), lime (1)
- fresh cilantro (1 bunch), opt

- garlic (1 bulb or garlic powder)
- spaghetti squash (1, or 6 oz whole-grain pasta*)
- red bell pepper (1)
- cucumber (1)
- onion (white or yellow, 1)
- mushrooms, sliced (4 oz), opt
- broccoli (2 crowns)
- baby carrots (40 or 2 cups)
- celery (2 stalks), opt
- radishes (8)
- spinach (4 cups)
- Brussels sprouts (1.5 lb)
- citrus fruit: lemon (1)
- pineapple (1)
- fresh ginger (or ground ginger)

Meat / Seafood

- boneless pork tenderloin (2.5 lbs)

- raw shrimp (peeled, deveined, 1 lb)
- chicken breasts (skinless, boneless, 1.5 lbs)

Bakery

- whole-grain buns* (4, if serving salmon patties on buns)
- corn tortillas (16) or whole wheat flour tortillas (8)

- whole-grain pitas (4, or 1 whole-grain pizza crust)*

Dairy

- shredded Parmesan cheese (1/4 cup)
- shredded part-skim mozzarella cheese (3/4 cup)
- eggs (2)
- plain nonfat Greek yogurt (1/2 cup)

- shredded Parmesan cheese (1/4 cup)
- shredded part-skim mozzarella cheese (1 3/4 cup)
- egg (1)
- plain nonfat Greek yogurt (2 Tbsp)
- milk (skim, almond or soy, 1/4 cup)

Dry / Canned

- pecans (1/4 cup)
- silvered almonds (1/2 cup)
- dried tomatoes (1 can, 14.5 oz)
- dried cranberries (1/4 cup)
- quinoa (uncooked, 1 cup)
- salsa (1/2 cup), opt
- black beans (1 can, 14.5 oz)
- capers (or dill pickle relish, 1 Tbsp)
- black olives (1 can, 4 oz)
- canned salmon (boneless, skinless, 3 cans, 5 oz each)
- low-sodium vegetable or chicken broth (1 3/4 cup)
- almond flour (1/4 cup), or oat or whole wheat flour

- ground flax seed (2 Tbsp)
- brown or black rice (uncooked, 1 cup)
- sun-dried tomatoes (8), opt
- marinara sauce (1 jar, 24 oz)
- tahini (1/4 cup, Asian section of store)
- applesauce (no sugar added, 2 cups)
- garbanzo beans (1 can, 14.5 oz)
- panko bread crumbs* (1 cup)
- basil pesto (from a jar, 6 Tbsp)
- artichoke hearts (can or jar, quartered, 1 cup)
- low-sodium vegetable or chicken broth (1/2 cup)
- whole wheat flour* (1/2 cup)

Frozen

- frozen veggies: corn (1 cup)

Pantry Checklist

Full Week

Vinegars / Oils	Condiments	Herbs / Spices	Baking / Other	
<ul style="list-style-type: none"> <input type="checkbox"/> apple cider vinegar <input type="checkbox"/> balsamic vinegar <input type="checkbox"/> rice wine vinegar <input type="checkbox"/> olive oil <input type="checkbox"/> toasted sesame oil 	<ul style="list-style-type: none"> <input type="checkbox"/> honey <input type="checkbox"/> hot sauce <input type="checkbox"/> light mayonnaise <input type="checkbox"/> low-sodium soy sauce (or tamari) <input type="checkbox"/> pure maple syrup <input type="checkbox"/> stone ground mustard <input type="checkbox"/> Worcestershire sauce 	<ul style="list-style-type: none"> <input type="checkbox"/> crushed red pepper flakes <input type="checkbox"/> curry powder <input type="checkbox"/> dried dill weed <input type="checkbox"/> dried oregano <input type="checkbox"/> garlic powder <input type="checkbox"/> ground cinnamon 	<ul style="list-style-type: none"> <input type="checkbox"/> ground cumin <input type="checkbox"/> ground ginger <input type="checkbox"/> ground turmeric <input type="checkbox"/> paprika <input type="checkbox"/> sesame seeds (4 Tbsp) 	<ul style="list-style-type: none"> <input type="checkbox"/> cornstarch (or arrowroot) <input type="checkbox"/> salt <input type="checkbox"/> black pepper

Week 3 Shopping List

Divided into two easy trips. Print at EatRealAmerica.com.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entree	Slow Cooker Asian Chicken over "Riced" Cauliflower p.81	Moroccan Butternut Squash and Quinoa p.83	Mediterranean Roasted Eggplant Pasta with Fish p.85	Thai Pizza p.87	Fire-Roasted Sloppy Joes p.89	Thai Vegetable Noodle Stir Fry p.91	Salmon with White Beans, Kale & Honey Mustard Sauce p.93
Side	Bok Choy Salad w/ Sesame Dressing (first half) p.123	Avocado Cucumber Salad p.135	Bok Choy Salad w/ Sesame Dressing (second half) p.123	Arugula Salad with Orange Sesame Vinaigrette p.125	Broccoli Poppers p.137	Green Fruit Salad p.133	Honey Dijon Roasted Carrots and Parsnips p.137

First Half of Week (Mon-Thurs)

Produce

- garlic (2 bulbs or garlic powder)
- fresh ginger (or ground ginger)
- cauliflower (1 head)
- red bell peppers (2 + 1 opt)
- cherry tomatoes (1 pint, or 2 cups)
- mushrooms, sliced (4-8 oz + 4 oz opt)
- carrots: large (1), baby (10)
- onions (white or yellow, 3)
- butternut squash (1/2)
- green onions (16)
- fresh herbs: cilantro (1/2 bunch), basil (1/4 cup)
- kale (1 bunch)
- fresh salad greens: romaine (3 cups), arugula (4 cups)
- avocado (1)
- bok choy (1 head)
- citrus fruit: oranges (4), lemon (1), lime (1)
- cucumber (1)
- celery (3 stalks)
- eggplant (1)

Second Half of Week (Fri-Sun)

- garlic (1 bulb or garlic powder)
- parsnips (1 lb, about 4)
- cauliflower (1 head)
- bell peppers (1 green and 2 any color)
- broccoli (6 crowns)
- mushrooms, sliced (4 oz)
- carrots: large (2), petite baby (1 lb)
- onions (white or yellow, 3)
- butternut squash (1/2)
- fresh chives (or tops of green onions, 1 bunch)
- fresh cilantro (1/2 bunch)
- kale (1 bunch)
- kiwis (4)
- pear (1)
- green grapes (2 cups)
- citrus fruit: lemon (1)
- jicama (1)

Meat / Seafood

- chicken breasts (skinless, boneless, 2.5 lb)
- cod (or tilapia or flounder, 1.5 lbs)

- lean ground turkey (or lean ground beef, 1 lb)
- salmon (boneless, skinless, 1 lb)

Bakery

whole wheat pitas (4, or 1 large whole wheat pizza crust)*

whole wheat hamburger buns* (4)

Dairy

plain nonfat Greek yogurt (2 Tbsp)
 shredded Parmesan cheese (1/4 cup)
 shredded part-skim mozzarella cheese (2/3 cup), opt
 feta cheese (1/4 cup), opt
 orange juice (1/2 cup + 1 Tbsp)

plain nonfat Greek yogurt (1/4 cup)
 shredded Parmesan cheese (2 Tbsp)

Dry / Canned

quinoa (uncooked, 1 cup)
 whole-grain fettuccine pasta* (6 oz)
 garbanzo beans (1 can, 15 oz)
 olives: sliced black (1 can, 4 oz), Kalamata (pitted, 2/3 cup)
 raisins (1/4 cup)
 natural peanut butter (3/4 cup)
 seeds: sunflower (1/4 cup), pepitas (or pumpkin seeds, 1/4 cup)
 peanuts (2 Tbsp)
 low-sodium vegetable or chicken broth (2 1/2 cups)

whole-grain spaghetti* (3 oz)
 fire-roasted diced tomatoes (1 can, 14.5 oz)
 cannellini beans (1 can, 15 oz)

Pantry Checklist

Full Week

Vinegars / Oils	Condiments	Herbs / Spices		Baking / Other
<input type="checkbox"/> apple cider vinegar <input type="checkbox"/> rice wine vinegar <input type="checkbox"/> white wine vinegar <input type="checkbox"/> olive oil <input type="checkbox"/> toasted sesame oil	<input type="checkbox"/> Dijon mustard <input type="checkbox"/> honey <input type="checkbox"/> hot sauce <input type="checkbox"/> low-sodium soy sauce (or tamari) <input type="checkbox"/> natural ketchup <input type="checkbox"/> Worcestershire sauce	<input type="checkbox"/> crushed red pepper flakes <input type="checkbox"/> dried oregano <input type="checkbox"/> dried rosemary <input type="checkbox"/> dried thyme <input type="checkbox"/> garlic powder <input type="checkbox"/> ground cardamom <input type="checkbox"/> ground cayenne <input type="checkbox"/> red ppepper	<input type="checkbox"/> ground cinnamon <input type="checkbox"/> ground coriander <input type="checkbox"/> ground cumin <input type="checkbox"/> ground ginger <input type="checkbox"/> ground tumeric <input type="checkbox"/> paprika <input type="checkbox"/> sesame seeds (4 Tbsp, opt)	<input type="checkbox"/> sugar <input type="checkbox"/> salt <input type="checkbox"/> black pepper

*choose a gluten-free (GF) variety if desired

Week 4 Shopping List

Divided into two easy trips. Print at EatRealAmerica.com.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entree	Slow Cooker Sweet and Savory Meal p.97	Crazy Cajun Quinoa and Kale p.99	Sweet and Savory Crustless Beef Pot Pie p.101	Fish Tacos with Slaw and Avocado Cream p.103	Mexican Black Bean Veggie Pizza p.105	Cashew Chicken Bok Choy p.107	Panko Crusted Mustard Salmon (or Trout) p.109
Side	Broccoli Cauliflower Salad (first half) p.127	Easy Greek Salad p.115	Broccoli Cauliflower Salad (second half) p.127	Simple Roasted Asparagus and Mushrooms p.141	Easy Pineapple Salsa p.195	Dreamy Fruit 'n Nutty Salad p.133	Seasoned Roasted Potatoes and Brussels Sprouts p.141

First Half of Week (Mon-Thurs)

Second Half of Week (Fri-Sun)

Produce

- garlic (1 bulb or garlic powder)
- onions: white or yellow (1), red (3)
- avocados (2)
- red skin potatoes (1 lb)
- parsnips (1 lb, about 4)
- baby carrots (12)
- celery (3 stalks)
- red bell pepper (1)
- jalapéno (1), opt
- fresh cilantro (1 bunch)
- zucchini (2)
- cherry tomatoes (1 cup)
- cucumber (1)
- broccoli (4 crowns)
- red apples (2)
- citrus fruit: lemon (1), lime (2)
- cauliflower (1 head)
- mushrooms, sliced (8 oz + 8 oz opt)
- asparagus (1 bunch)
- fresh greens: kale (2 cups), spinach (or baby spinach, 6 cups)
- shredded cabbage (or coleslaw, 2 cups)

- garlic (1 bulb or garlic powder)
- onions, red (2)
- green onions (5 or 1 bunch, or sub one onion)
- sweet potatoes (2 medium)
- Brussels sprouts (1 lb)
- carrots (2 large or 1 cup baby carrots)
- bok choy (1 large or 3-4 baby bok choy, or 1 Napa cabbage)
- red bell peppers (2)
- jalapénos (3)
- fresh cilantro (1 bunch)
- fresh parsley (1 bunch)
- pineapple (1)
- strawberries (1 cup)
- blueberries (1 cup)
- apple (1)
- citrus fruit: lime (1)
- fresh ginger (or ground ginger)
- mushrooms, sliced (4 oz), opt

Meat / Seafood

- boneless top round beef roast (2.5 lbs)
- chicken or turkey sausage* (2 links, 3 oz each), opt
- tilapia (or sole, snapper, cod, trout or salmon, 1.5 lbs)

- chicken breasts (boneless, skinless, 12 oz)
- salmon (or trout, boneless, skinless 1 lb)

Bakery

- corn tortillas (8)

- corn tortillas (12)

Dairy

- plain nonfat Greek yogurt (1 cup + 1/4 cup opt)
- feta cheese (2 Tbsp)
- egg (1)
- milk (skim, almond or soy, 3/4 cup)

- plain nonfat Greek yogurt (1/2 cup)
- shredded Parmesan cheese (2 Tbsp)
- shredded colby jack cheese (1 Tbsp)

Dry / Canned

- whole wheat pastry flour* (3/4 cup + 2 Tbsp)
- cornmeal (1/2 cup)
- olives: Kalamata (1/4 cup), pimento-stuffed green (1/2 cup), opt
- quinoa (uncooked, 1/2 cup)
- fire-roasted diced tomatoes (2 cans, 15 oz)
- light red kidney beans (1 can, 15 oz)
- pecans (1 cup)
- sliced beets (1 can, 8.25 oz)
- low-sodium broth: vegetable or chicken (1 cup), beef (3 cups)
- raisins (1 cup)

- brown or black rice (uncooked, 1 cup)
- panko bread crumbs* (1/2 cup)
- sliced black olives (1 can, 4 oz)
- refried black beans (1 can, 15 oz)
- chia seeds
- raisins (2 Tbsp)
- raw cashews (1/2 cup)
- walnuts (chopped, 2 Tbsp)
- low-sodium vegetable or chicken broth (1 cup)

Frozen

- frozen veggies: mixed vegetables (10 oz)

- frozen veggies: corn (1 cup)

Pantry Checklist

Full Week

Vinegars / Oils	Condiments	Herbs / Spices		Baking / Other
<input type="checkbox"/> balsamic vinegar <input type="checkbox"/> rice wine vinegar <input type="checkbox"/> white balsamic vinegar <input type="checkbox"/> olive oil <input type="checkbox"/> toasted sesame oil	<input type="checkbox"/> Dijon mustard <input type="checkbox"/> honey <input type="checkbox"/> light mayonnaise <input type="checkbox"/> low-sodium soy sauce (or tamari) <input type="checkbox"/> natural ketchup <input type="checkbox"/> pure maple syrup	<input type="checkbox"/> chili powder <input type="checkbox"/> crushed red pepper flakes <input type="checkbox"/> dried basil <input type="checkbox"/> dried oregano <input type="checkbox"/> dried thyme <input type="checkbox"/> ground cayenne	<input type="checkbox"/> garlic powder <input type="checkbox"/> ground cumin <input type="checkbox"/> ground ginger <input type="checkbox"/> herbs de Provence <input type="checkbox"/> onion powder <input type="checkbox"/> paprika	<input type="checkbox"/> baking powder (aluminum-free) <input type="checkbox"/> cornstarch (or arrowroot) <input type="checkbox"/> salt <input type="checkbox"/> black pepper