

Shopping List

Groceries

- Whole wheat bread from the bakery section
- Fresh milk (preferably organic, one gallon)
- Free-range eggs (one dozen)
- Seasonal fresh vegetables including tomatoes, lettuce, bell peppers, and carrots for salads and cooking throughout the week
- Greek yogurt (plain, unsweetened)
- Cheddar cheese block
- Olive oil (extra virgin, cold-pressed)
- Pasta (whole wheat penne or your preferred shape)

Pantry Staples

- All-purpose flour
- Rice (brown or white)
- Canned tomatoes (diced, no added sugar)
- Honey
- Baking powder and baking soda
- Sea salt and black pepper
- Nuts and seeds (almonds, walnuts, sunflower seeds)
- Herbs and spices (oregano, basil, garlic powder, paprika)