

A Master Grocery List of Ingredients for All Recipes

PRODUCE	PRODUCE	CANS & JARS	CANS & JARS	COLD & FROZEN
Apples	Jalapeño pepper	Applesauce, non-sweet	Vinegar, apple cider	<u>Frozen Fruits –</u>
Artichokes	Kiwi	Artichoke hearts	Vinegar, balsamic	black berries
Avocado	Leeks	Beans, black	Vinegar, red wine	blueberries
Bananas	Lemon	Beans, cannelli	Vinegar, rice	cherries
Bell pepper, green	Lime	Beans, garbanzo/chick Beans,	Vinegar, seasoned rice	mango
Bell pepper, red	Mango	Beans, navy	Vinegar, white	mixed fruits
Bell pepper, yellow	Mushrooms, baby bella	Beans, pinto	Vinegar, white wine	pineapple
Blueberries	Mushrooms, button	Beans, refried (no fat)		raspberries
Broccoli florets	Mushrooms, cremini	Broth, Vegetable		strawberries
Cantaloupe	Mushrooms, shiitake	Capers		
Carrots, full size	Onion, green/chives	Coconut milk, light		<u>Frozen Vegetables -</u>
Carrots, mini	Onion, purple/red	Dill pickle slices		cauliflower
Cauliflower	Onion, yellow	Hominy		corn
Celery	Orange	Honey, raw		edamame
Cherries	Parsley	Jalapeño slices		hash brown potatoes
Cilantro	Peaches	Jelly, just fruit apricot		peas
Corn, ears	Pears	Juice, pineapple		snow peas
Cranberries	Peas, sugar-snap	Juice, V8 juice		
Cream Peas	Pineapple	Mandarin oranges		Frozen, puff pastry
Cucumber	Plums	Marinara sauce		Frozen, orange juice
Fennel bulb	Potatoes, red/new	Molasses, black strap		
Garlic	Potatoes, russet/baking	Nonstick cooking spray		Milk, low fat almond
Ginger root	Potatoes, sweet/yams	Oil, extra virgin olive		Milk, low fat soy
Grapefruit	Potatoes, Yukon gold Radishes	Olives, black pitted		
Grapes, green	Squash, butternut	Olives, kalamata pitted		Tofu, extra firm
Grapes, red	Squash, zucchini	Peanut butter, natural		Tofu, light silken
Green beans	Potatoes, sweet/yams	Pesto		
Greens, Arugula	Potatoes, Yukon gold Radishes	Pumpkin, solid pack		
Greens, Bok Choy	Squash, butternut	Roasted red peppers		
Greens, Collards	Squash, zucchini	Salsa, Mexican		
Greens, Iceberg lettuce	Tangerine	Syrup, Vermont maple		
Greens, Kale	Tomatoes, cherry/grape	Tomato, crushed		
Greens, Leaf lettuce	Tomatoes, medium/large	Tomato, diced		
Greens, Mixed	Tomatoes, Roma	Tomato, paste		
Greens, Radicchio	Watermelon	Tomato, sauce		
Greens, Romaine		Tomato, whole peeled		
Greens, Spinach		Tomatoes/green chilies		
Greens, Swiss Chard				

PASTA & PACKAGES	SPICES	SPICES	SPECIALITY STORE
Agave nectar Baking powder Baking soda Beans, dried black Bread, thin sliced Bread, whole wheat Bulgur wheat Chocolate chips Corn grits (polenta) Cornmeal Couscous Dried apricots Dried raisins Flour, better for bread Flour, whole wheat Granola Hamburger buns, thin Nuts, sliced almonds Nuts, slivered almonds Nuts, walnuts Oat bran Oatmeal, old fashioned Pasta, Elbows Pasta, Mini penne Pasta, Penne Pasta, Rotini Pasta, Shell Pasta, Spaghetti, thin Pita pockets Pizza crust mix Quinoa Rice, brown Rice, Mahatma yellow Rice, white sushi Sugar, brown Sugar, white Tortillas, corn Wraps, spinach Yeast, active dry	Allspice, ground Almond extract Basil leaves Bay leaf Cardamom, ground Catsup Cayenne pepper Chili powder Cinnamon, ground Cinnamon, stick Cloves, whole Coffee Corn starch Cumin Curry powder Fennel seeds Garlic powder Ginger, ground Greek seasoning Greek Seasoning Herbs de Provence Marjoram Mint leaves Mrs. Dash Mustard, Dijon Mustard, dried Mustard, French plain Nutmeg Onion Powder Oregano Paprika Pepper, black Pepper, white Red pepper flakes Rosemary Sage Salt Soy sauce Star anise	Tabasco Taco seasoning (dry) Thyme Turmeric powder Vanilla Vietnamese fish sauce Worcestershire sauce	Braggs liquid amino Cocoa powder, unsweetened Flax meal Flax seed meal Flour, barley Flour, brown rice Flour, buckwheat Flour, pastry Flour, spelt Mirin Nutritional yeast Nuts, raw cashews Rice papers Rum Seaweed, roasted/nori Seeds, flax Seeds, raw sesame Seeds, sunflower Sunshine burgers, frozen Tahini Thai red curry paste Wheat gluten Wine, white