

SHOPPING LIST

SELECT ONE ITEM FROM EACH GROUPING

MAINS

MAIN PROTEIN OR CARB

Boneless skinless chicken breast or thighs, flank steak, boneless pork chops, shrimp, salmon, etc.

Vegetarian options: Fresh pasta, butternut squash, mushrooms, pre-cooked black beans etc.

VEGETABLE OR FRUIT

Apples, carrots, broccoli, brussel sprouts, frozen corn or peas, tomatoes, spinach, radishes, etc.

ACCENT FRUIT, HERB OR OIL

Rosemary, cilantro, sage, pomegranate seeds, lemon, lime, scallions, specialty vinegars or olive oils

SAUCE OR SEASONING

Jarred, premade sauce, or seasoning. like teriyaki, salsa, masala, simmer sauces, pestos, etc.

APPETIZER

MAIN VEGETABLE

Salad greens, asparagus, precooked beats, frozen fruits or veggies, peppers, apples, etc.

CARB OR SMALL PROTEIN

Baguette, wonton wrappers, fresh pasta, frozen fries or tater tots, chips, frozen shrimp, bacon or pancetta, etc.

SAUCE OR SEASONING

Jarred, premade sauce, or seasoning. like teriyaki, salsa, masala, simmer sauces, pestos, etc.

DESSERT

PREMADE ITEMS

Cookie dough, pie crust, puff pastry, baked brownies or a brownie mix, cookies, donuts, crescent rolls etc.

FRUIT

Fresh or frozen fruit, fruit juice, or nectar.

SAUCE OR TOPPINGS

Hot fudge, ice cream, whipped cream, chocolate bars or chips, any type of candy, peanut butter or nutella, etc.

CHOPPED DATE NIGHT

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