

The Weekly List

The Range of Grains



PRODUCE



- Yellow or Spanish onion
- Carrots
- Frozen green peas
- Garlic

DAIRY



- Unsalted butter (or non-dairy alternative)
- 2% milk (or non-dairy alternative)

PANTRY



- Dried polenta cornmeal
- Black pepper
- Salt
- Extra virgin olive oil
- Long grain brown rice (Jasmine or Basmati)
- Uncooked Quinoa (any color)
- Low sodium, chicken, beef, or vegetable broth
- Optional dried herbs of choice