What's For Dinner?

Inventory & Shopping Guide

Starch & Grains	
	Quinoa
	Farro
	Barley
	Oats
	Spelt
	Amaranth
	Rice/Brown Rice
	Whole Grain Tortilla
	Whole Grain Bread
	Whole Wheat Pasta
	Corn/ Cornmeal /Hominy*
	White Potato*
	Sweet Potato*
	Beans/Peas/Lentils*
	Plantains*

Lean Proteins	
	Skinless Chicken Breast or Tenders
	Turkey Breast
	Pork Tenderloin/ Pork Chop
	Sirloin Steak
	Top Round/Bottom Round Steak
	Flank Steak
	Shrimp, Crab, Lobster
	Salmon
	Mahi, Tuna, Pollock
	Flounder, Cod, Haddock
	Tuna
	Eggs
	Nuts/ Nut Butters
	Tofu/ Tempeh / Edamame*
	Lentils (Yellow, Red, Green)*
	Peas (Green, Yellow)*
	Beans (Red, Black, White, etc)*

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Vegetables	
	Zucchini/ Yellow Squash
	Squash (Butternut, Acorn, Pumpkin)
	Green Beans
	Celery
	Beets
	Brussel Sprouts
	Carrots
	Spinach / Kale / Arugula
	Cabbage (Red, Green, Bok Choy)
	Lettuce, Mixed Greens
	Broccoli
	Tomatoes
	Cauliflower
	Asparagus
	Cucumbers
	Mushrooms
	Bell Peppers (Red, Yellow, Orange, Green)

Fruit	
	Apples
	Bananas
	Strawberries, Raspberries
	Blueberries, Blackberries
	Peaches, Plums, Pears
	Pineapple, Papaya, Mango
	Grapes
	Melon (Honeydew, Cantaloupe, Watermelon)
	Citrus (Orange, Grapefruit, Lemon, Lime)

	Dairy
	Milk, or Milk Alternative
	Yogurt
	Cottage Cheese
	Sliced Cheese
	Shredded Cheese