



Shopping List

Fruits

1 c blueberries
(fresh or frozen)
1/2 c fresh lemon juice
zest of 1 lemon

Vegetables

1 T minced garlic
green onions for garnish

Cheese

Meat/Fish

1 lb medium uncooked
shrimp

Bread/Cereal

1 1/2 c oatmeal, quick oats

Condiments/Dressings

1/3 c honey

Baking

2 t olive oil
1/2 c wheat flour
2 c flour
1 1/2 c sugar
1 t salt
1 1/2 T baking powder
1/2 t baking soda
1/2 c canola oil
3 t vanilla
2 T coarse sugar (optional)
1 (3.4 oz) package instant
lemon pudding
3 t lemon extract
1 1/2 c powdered sugar
3 T lemon juice

Spices

Pasta/Rice

1/4 c soy sauce (low sodium)

Canned Foods

Frozen

Beverages

Dairy

1 c milk
4 egg
5 T butter
3/4 c plain Greek yogurt

Household

Waxed paper

Paper/Wraps

Other

