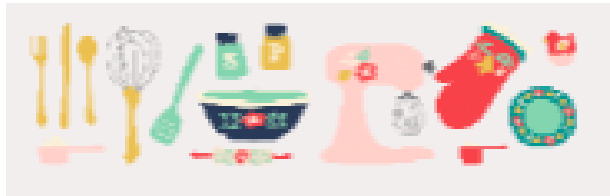


Simple Eats Grocery List



Protein

1 lb bacon + 3/4 c. cooked bacon

Dairy / Eggs

4 dozen eggs (minus 2)

1 1/2 c. shredded cheddar cheese

3/4 c. mozzarella cheese

2/3 c. nonfat Greek yogurt

6 T. skim milk

Produce

6 T. finely chopped onion

1 onion, sliced

2 3/4 c. mushrooms, sliced

3/4 c. red bell pepper, diced

1 red pepper, sliced

1 green pepper, sliced

3/4 c. fresh spinach, roughly chopped

24 grape or cherry tomatoes, halved

2 lbs potatoes, cubed

1 1/2 t. fresh lemon zest

2 c. fresh or frozen berries

Dry Goods

1 cup + 2 T all-purpose flour

1 cup white or whole wheat flour

1/2 c. oatmeal

2 T. flaxseed meal

3/4 c. sugar

2 t. turbinado sugar

1 T baking powder

1/2 c. canola oil

Herbs/Seasonings

salt/pepper to taste

1/2 t. salt

3 T fresh parsley, chopped

3/4 t. garlic powder or 1 t. minced garlic