

## Summer Grocery List #19 (does not include side dish suggestions)

*Italian Pork Chops \* Steak & Lime Pasta \* Tuna & Spinach Salad  
Turkey Pecan Enchiladas \* Chicken & Vegetable Stir-Fry*

### Produce

garlic  
2 green peppers (*Italian Pork Chops, Steak & Lime Pasta*)  
lime juice (*Steak & Lime Pasta*)  
lemon juice (*Tuna & Spinach Salad*)  
6 oz grape or cherry tomatoes (*Tuna & Spinach Salad*)  
1 small red onion (*Tuna & Spinach Salad*)  
1 medium onion (*Turkey Pecan Enchiladas*)  
8 oz fresh spinach (*Tuna & Spinach Salad*)  
1 bunch green onions (*Steak & Lime Pasta, Chicken & Vegetable Stir-Fry*)  
cilantro leaves (*Steak & Lime Pasta*)  
4 cups broccoli (*Chicken & Vegetable Stir-Fry*)  
4 oz mushrooms (*Chicken & Vegetable Stir-Fry*)  
4 carrots (*Chicken & Vegetable Stir-Fry*)  
4 stalks celery (*Chicken & Vegetable Stir-Fry*)

### Meat, Poultry, & Fish

6 pork chops, ½ " thick (*Italian Pork Chops*)  
1½ lbs boneless beef top sirloin steak (*Steak & Lime Pasta*)  
4 cups cubed cooked turkey breast (*Turkey Pecan Enchiladas*)  
2 boneless chicken breast halves (*Chicken & Vegetable Stir-Fry*)

### Dairy

6 slices part-skim mozzarella cheese (*Italian Pork Chops*)  
Parmesan cheese (*Italian Pork Chop, Tuna & Spinach Salad*)  
3 oz reduced-fat cheddar cheese (*Turkey Pecan Enchiladas*)  
8 oz fat free sour cream (*Turkey Pecan Enchiladas*)  
8 oz skim milk (*Turkey Pecan Enchiladas*)  
8 oz reduced-fat cream cheese (*Turkey Pecan Enchiladas*)

### Pasta, Rice, & Legumes

rice (*Italian Pork Chops*)  
16 oz Rotini or other medium pasta (*Steak & Lime Pasta*)

### Breads and Tortillas

8 (8 inch) flour tortillas (*Turkey Pecan Enchiladas*)

### Baking Aisle

1 oz chopped pecans (*Turkey Pecan Enchiladas*)  
cornstarch (*Chicken & Vegetable Stir-Fry*)

### Frozen

10 oz frozen corn (*Steak & Lime Pasta*)

### Canned

1 (15oz) can tomato sauce (*Italian Pork Chops*)  
1 (15oz) can diced tomatoes w/green chilies (*Steak & Lime Pasta*)  
1 (15oz) can black beans (*Steak & Lime Pasta*)  
1 (15oz) can cannellini beans (*Tuna & Spinach Salad*)  
12 oz can solid tuna (packed in water) (*Tuna & Spinach Salad*)

### Soups and Packaged Mixes

1 can (14 oz) Vegetable broth (*Chicken & Vegetable Stir-Fry*)  
1 can cream of chicken soup (*Turkey Pecan Enchiladas*)

### Spices and seasonings

pepper  
sea salt (*Tuna & Spinach Salad*)  
basil (*Italian Pork Chops*)  
ground cumin (*Steak & Lime Pasta, Turkey Pecan Enchiladas*)  
ground ginger (*Chicken & Vegetable Stir-Fry*)

### Condiments

Dijon mustard (*Tuna & Spinach Salad*)

### Asian

soy sauce (*Chicken & Vegetable Stir-Fry*)

### Mexican

4 oz can chopped green chilies (*Turkey Pecan Enchiladas*)