

WEEK 2

Shopping List



Brunch: Easy One-Pan Crispy Chicken With Beans & Arugula

Brunch: Mushroom, Scallion & Spinach Frittata

Dinner: Veggie Chili

Dinner: Cheesy Baked Barley

Snack: Spiced pineapple spears

Dessert: Berry-Coco Cottage Cheese

CANNED GOODS

- 1 15.5-oz can cannellini beans
- 1 15.5-oz can of chickpeas
- 2 tbsp tomato paste
- 1 15-oz can fire roasted tomatoes with green chilies
- 1 qt vegetable broth
- 2 boneless chicken thighs, skin on
- 6 eggs

MEAT/DAIRY

- 2 tbsp almond or soy milk
- 1/4 cup gruyere cheese
- 1/4 cup parmesan
- Container of cottage cheese
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PRODUCE

- 8 garlic cloves
- 5 scallions
- 2 pt cherry tomatoes
- 1/2 bunch basil leaves
- 2 cups arugula
- 1.5 cups sliced cremini mushrooms
- 3 cups mixed mushrooms
- 2 yellow onions
- 1 zucchini
- 3 carrots
- 3 lbs spinach
- 1 tsp thyme leaves
- 2 tbsp parsley
- 1 pineapple
- 2 limes
- 1 package of raspberries (or bag of frozen raspberries)

PANTRY

- Kosher salt
- Black pepper
- Olive oil (9 tbsp)
- 2 tbsp sherry vinegar
- 1 tsp red pepper flakes
- 5 tbsp chili powder
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 2 tbsp paprika
- 1/4 cup chopped walnuts
- Small bag of dark cocoa nibs
- 2 cups brown or green lentils
- 1 cup barley

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