



Grocery Shopping List:

Summer Salad Recipes with a Twist

<p>Meats and Proteins:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 16 chicken breasts <input type="checkbox"/> 4 to 6 slices bacon <input type="checkbox"/> ½ cup walnuts <input type="checkbox"/> 1 can (16 oz.) white beans <input type="checkbox"/> 1 1/2 cups ham <input type="checkbox"/> Parmesan cheese <input type="checkbox"/> 3 Cups Cheddar cheese <input type="checkbox"/> 1 Can of refried beans <input type="checkbox"/> 1 Cup Pepperjack cheese 	<p>Vegetables/Fruits:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 8 cups salad greens <input type="checkbox"/> 2 teaspoons grated orange zest <input type="checkbox"/> 1 mango <input type="checkbox"/> 1 pineapple <input type="checkbox"/> 1 romaine lettuce heart <input type="checkbox"/> 1/2 pint grape tomatoes <input type="checkbox"/> 2 carrots <input type="checkbox"/> 1 yellow bell pepper <input type="checkbox"/> 1 English cucumber <input type="checkbox"/> 2 garlic cloves <input type="checkbox"/> 6 tomatoes <input type="checkbox"/> Cherry tomatoes <input type="checkbox"/> 1 cup red bell pepper <input type="checkbox"/> 1/2 cup chopped black olives <input type="checkbox"/> 4 scallions <input type="checkbox"/> 2 Cups Lettuce or spinach <input type="checkbox"/> Handful of slice jalapenos
<p>Liquids:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 (14-ounce) can regular or light coconut milk <input type="checkbox"/> 1/2 cup fresh orange juice <input type="checkbox"/> Salad Dressing <input type="checkbox"/> 3/4 cup olive oil <input type="checkbox"/> 1/4 cup balsamic vinegar <input type="checkbox"/> 1 (8-ounce) bottle Italian dressing <input type="checkbox"/> 2 tablespoons Worcestershire sauce <input type="checkbox"/> 1 tablespoon lemon juice <input type="checkbox"/> 2 tablespoons red wine vinegar <input type="checkbox"/> Hot sauce or salsa 	<p>Spices:</p> <ul style="list-style-type: none"> <input type="checkbox"/> salt <input type="checkbox"/> pepper <input type="checkbox"/> 2 tsp fresh rosemary or 1/2 tsp dried rosemary <input type="checkbox"/> 1 tablespoon Thai red curry paste
<p>Other:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 teaspoon Creole seasoning <input type="checkbox"/> Nacho chips <input type="checkbox"/> 1 (9-ounce) package fresh cheese tortellini <input type="checkbox"/> 1 (4-ounce) jar marinated mushrooms <input type="checkbox"/> 1 Jar of nacho cheese dip or con queso 	<p>Grains / Baking:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 lb. corkscrew pasta <input type="checkbox"/> 1/2 teaspoon sugar

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