

Shopping List

Produce

- 8 ounces mushrooms, white or brown
- 1 yellow onion
- Fresh basil
- 1 head of broccoli, ~1 pound

Meat/Poultry

- 1 pound ground beef, 90% lean

Dairy

- Extra sharp cheddar cheese
- Butter (unsalted) or canola oil

Center aisles

- Canola oil
- 1 can whole tomatoes, no salt added, 15 oz
- Italian seasoning
- Kosher salt
- Garlic powder
- Ground pepper
- 8 ounces rotini (or fusilli), whole wheat

**You may already have some of these items in your pantry*