

# Weeknight Dinners

QUICK AND EASY MEDITERRANEAN RECIPES

# shop well, eat well

THE ALL-YOU-EVER-NEED SHOPPING GUIDE  
TO GET YOU IN-AND-OUT OF THE STORE  
IN NO TIME.

by dietitian Kelly Powers, MA, RD

WELCOME TO MY

# Grocery Shopping Guide!

It'd be great if you could go to the farmers market every Sunday morning then hit Whole Foods before going home to get your weekend batch cook on, but let's be real. Even though that's my reality, it likely isn't yours. My life simply revolves around food. And it's okay that yours doesn't.

That's why we're here! To make your life simpler. To help you eat well *and* save you time. Because, in my world, you can have your cake and eat it too. And, let me tell you, it's a pretty damn delicious cake. Think of this guide as a slice of that cake. Use it to save time while navigating the aisles at Whole Foods, Trader Joe's, Sprouts, and Costco.

Don't feel like you have to pick up everything on the list – use it as a reference point. See what's fresh and go from there. Just know you can rely on this guide to pick up high fiber whole foods and minimally processed items.

The Whole Foods, Trader Joe's, and Sprouts guides are meant to stand on their own, so you don't have to go to multiple stores each week. I have certain things I like to pick up at each, but figure out which store works for you and let it become familiar – it'll save you time in the long run.

Costco is more of a back stock – a quarterly trip, if you will. Don't have a Costco card? No problem – don't go. Or start dating someone with one. Either way, you can get everything listed at Whole Foods and Trader Joe's.

And, if you can, and it helps, order everything online. I like Amazon Fresh for Whole Foods pantry staples, Imperfect Foods, Misfits Market, or a CSA farm box for produce. Soon, you'll be able to order your entire Weeknight Dinners personalized shopping list with the click of a button. Grow with us, and your life will get even easier – I promise.

SHOPPING GUIDES

# what's inside

01 WHOLE FOODS

---

02 TRADER JOE'S

---

03 SPROUTS

---

04 COSTCO

# whole foods

PAGE 1 OF 3

## FRUIT

---

- apples
- bananas
- berries
- figs
- kiwi
- mango
- melon
- nectarines
- oranges, lemons, limes
- peaches
- pears
- avocado
- tomato

## DAIRY & EGGS

---

- organic pasture-raised eggs
- Straus organic European yogurt, plain
- Siggi's Icelandic yogurt, plain (large) and coconut (small)
- Straus organic sour cream
- Straus organic cottage cheese
- Straus organic milk, whole or 2%
- Califia Farms almond milk, unsweetened
- organic goat cheese
- organic shredded Mexican cheese blend

## VEGETABLES

---

- arugula
- asparagus
- bell peppers
- butter lettuce
- bok choy
- broccolini
- brussels sprouts
- cabbage
- carrots
- cauliflower
- endive
- green beans
- kale
- mushrooms
- Persian cucumber
- radicchio
- spinach
- sweet potato
- fingerling potatoes
- zucchini
- onion – yellow and red
- garlic
- ginger
- herbs – basil, mint, parsley, cilantro

## MEAT & SEAFOOD

---

- wild prawns
- wild cod
- wild salmon
- organic, lean, grass-fed ground beef
- Mary's organic chicken tenders
- Mary's organic chicken breast
- rotisserie chicken

## REFRIGERATED

---

- Hope hummus – sea salt and olive oil or black garlic
- Love Beets cooked beets
- organic, sprouted, extra-firm tofu
- King's kimchi
- Casa Sanchez fire roasted salsa
- Perfect Bars
- kombucha – Marin, House

## HOT TIPS

- If you're hitting the hot bar try to stick to the single ingredient options and always read the labels
- Opt for the freshly ground nut butters – they're great, single ingredient spreads

# whole foods

PAGE 2 OF 3

## PANTRY

---

- imported extra virgin olive oil
- organic coconut oil
- organic sesame oil
- extra virgin olive oil spray
- Chosen Foods avocado oil spray
- apple cider vinegar
- red wine vinegar
- rice wine vinegar
- kosher salt
- maldon sea salt
- fresh black pepper
- curry powder or paste
- taco seasoning
- za'atar
- sumac
- turmeric powder
- ginger powder
- cinnamon
- vanilla extract
- almond extract
- Nana Joes granola
- raw cashews, almonds, walnuts, pistachios, pine nuts, and pecans
- pumpkin seeds and sunflower seeds
- Navitas Organics raw shelled hemp seeds
- organic chia seeds
- organic flaxseed meal
- organic peanut butter
- organic almond butter
- organic cashew butter
- organic honey
- organic maple syrup
- organic agave nectar

## FROZEN

---

- organic blueberries
- organic strawberries
- organic mixed berry blend
- organic mango
- organic pineapple
- Sambazon unsweetened acai packs
- Bonafide Provisions bone broth

## HOT TIPS

- Pick up some cocokind chapstick
  
- This is a good place to grab your powders and supplements if you don't order them online

# whole foods

PAGE 3 OF 3

## PANTRY

---

- Navitas Organics cacao powder
- Navitas Organics acai powder
- Navitas Organics cacao nibs
- Navitas Organics camu powder
- Vital Proteins collagen peptides
- Vega clean protein
- Dave's Killer Bread
- Ozer's Morning Rounds
- corn tortillas
- whole wheat flour tortillas
- whole wheat pasta
- Bob's Red Mill muesli
- Bob's Red Mill farro
- Bob's Red Mill quick cook steel-cut oats
- Bob's Red Mill old-fashioned rolled oats
- Bob's Red Mill israeli couscous
- Bob's Red Mill quinoa
- Bob's Red Mill buckwheat
- Bob's Red Mill bulgur
- Lundberg brown short grain rice
- Lundberg brown basmati rice
- buckwheat porridge
- whole wheat couscous
- Atoria's whole wheat lavash
- whole wheat pita
- buckwheat soba noodles
- whole wheat panic bread crumbs
- pancake mix

## PANTRY

---

- artichoke hearts
- tuna fillets in olive oil
- canned tomatoes – whole with basil, diced, pureed
- canned beans – black, pinto, butter, cannellini, kidney, garbanzo, refried
- Tasty Bite madras lentils
- Rao's marinara sauce
- low-sodium vegetable and chicken stock
- organic canned coconut milk
- Cholula
- Mary's Gone Crackers
- Firehook Crackers
- Simple Mills Almond Flour Crackers
- Ak-mak crackers Pellegrino
- Numi tea
- Hu dark chocolate bars

## HOT TIPS

- Shop the bulk containers to customize exactly what you need and how much you need without having to buy large servings of a single ingredient

# trader joe's

PAGE 1 OF 2

## FRUIT

---

- apples
- bananas
- berries
- figs
- kiwi
- melon
- nectarines
- oranges, lemons, limes
- peaches
- pears
- avocado
- tomato

## DAIRY & EGGS

---

- organic European yogurt, plain
- organic Greek yogurt, plain
- organic sour cream
- organic cottage cheese
- organic pasture-raised eggs
- organic milk, whole or 2%
- almond milk, unsweetened
- organic goat cheese
- organic shredded mozzarella cheese
- organic shredded Mexican cheese blend

## VEGETABLES

---

- arugula
- asparagus
- bell peppers
- butter lettuce
- bok choy
- broccolini
- brussels sprouts
- cabbage
- carrots
- cauliflower
- endive
- green beans
- kale
- mushrooms
- Persian cucumber
- spinach
- sweet potato
- fingerling potatoes
- zucchini
- onion – yellow and red
- garlic
- ginger
- herbs – basil, mint, parsley, cilantro

## MEAT & SEAFOOD

---

- wild Alaskan salmon
- organic, lean, grass-fed ground beef
- organic chicken tenders
- organic chicken breast

## REFRIGERATED

---

- carrot ginger miso dressing
- cooked beets
- cooked lentils
- organic, sprouted, extra-firm tofu
- Perfect Bars
- kombucha – Brew Dr., Health-Aid, GTs
- whole wheat pizza dough
- pizza sauce

## HOT TIPS

- Even if you do your shopping at WF try to hit TJs once a month – they have great freezer and pantry staples at really good prices.
- Produce = feel free to get what's in season and looks good; go for organic when you can

# trader joe's

PAGE 2 OF 2

## PANTRY

---

- imported extra virgin olive oil
- organic coconut oil
- organic toasted sesame oil
- avocado oil spray
- apple cider vinegar
- red wine vinegar
- pink Himalayan salt
- ground black pepper
- curry powder or paste
- taco seasoning
- za'atar seasoning
- turmeric powder
- cinnamon
- vanilla extract
- Natures Path Organic pumpkin seed and flax granola
- muesli
- raw cashews, almonds, walnuts, pistachios, pine nuts, and pecans
- pumpkin seeds and sunflower seeds
- individual nut packs
- raw shelled hemp seeds
- organic chia seeds
- organic flaxseed meal
- organic nut butter (peanut, almond, cashew)
- organic honey
- organic maple syrup
- organic agave nectar
- organic fair trade cacao powder
- corn tortillas
- whole wheat flour tortillas
- whole wheat pasta
- whole wheat bread
- 10-minute farro
- quick cook steel-cut oats
- organic canned coconut milk
- low-sodium vegetable and chicken stock
- canned tomatoes – whole with basil, diced, pureed

## PANTRY

---

- canned beans – black, pinto, butter, cannellini, kidney, garbanzo, refried
- canned tuna in water or olive oil
- salsa verde
- salsa autentica
- organic olive oil popcorn
- Ak-mak crackers
- Pellegrino
- fair trade dark chocolate bars

## FROZEN

---

- organic wild blueberries
- organic strawberries
- very cherry berry blend
- organic mango pieces
- pineapple tidbits
- just coconut chunks
- unsweetened acai packs
- wild Argentinian red shrimp
- wild Alaskan cod
- cooked brown rice
- cooked quinoa

## HOT TIPS

- Check the labels – watch for added oils and sugars (especially in nut butters and pre-made sauces and dips)
- A lot of their pre-made meals don't have enough protein – add some to balance your plate



# sprouts

PAGE 1 OF 3

## FRUIT

---

- apples
- bananas
- berries
- figs
- kiwi
- melon
- nectarines
- peaches
- pears
- avocado
- tomato
- oranges
- lemons
- limes

## DAIRY & EGGS

---

- organic pasture-raised eggs
- Straus organic European yogurt, plain
- Green Valley Organics plain, whole milk, kefir
- Sigg's Icelandic yogurt, plain (large) and coconut (small)
- Straus organic milk, whole or 2%
- Good Culture cottage cheese, whole milk
- Califia Farms almond milk, unsweetened
- Straus organic sour cream
- Rumiano pepper jack cheese
- The Drunken Goat goat cheese
- organic shredded Mexican cheese blend
- sliced cheese

## VEGETABLES

---

- arugula
- asparagus
- bell peppers
- heirloom tomatoes
- cherry tomatoes
- butter lettuce
- bok choy
- broccolini
- brussels sprouts
- cabbage
- carrots
- cauliflower
- endive
- green beans
- kale
- mushrooms
- persian cucumber
- radicchio
- spinach
- sweet potato
- fingerling potatoes
- zucchini
- onion – yellow and red
- garlic
- ginger

## MEAT & SEAFOOD

---

- wild prawns
- wild cod
- wild salmon
- organic, lean, grass-fed ground beef
- organic chicken tenders
- organic chicken breast
- rotisserie chicken
- Applegate or True Kitchen sliced turkey

## REFRIGERATED

---

- Hope hummus – sea salt and olive oil or black garlic
- Love Beets cooked beets
- organic, sprouted, extra-firm tofu
- Casa Sanchez fire roasted salsa
- Perfect Bars
- kombucha – Brew Dr., Health-Aid, GTs

## HOT TIPS

- Shop the bulk containers to customize exactly what you need and how much you need without having to buy large servings of a single ingredient
- Make sure to download and use the Sprouts app for member-only discounts

# sprouts

PAGE 2 OF 3

## PANTRY

---

- imported extra virgin olive oil
- organic coconut oil
- organic sesame oil
- extra virgin olive oil spray
- Chosen Foods avocado oil spray
- apple cider vinegar
- red wine vinegar
- rice wine vinegar
- kosher salt
- maldon sea salt
- fresh black pepper
- curry powder or paste
- taco seasoning
- za'atar
- sumac
- turmeric powder
- ginger powder
- cinnamon
- vanilla extract
- almond extract
- Natures Path Organic pumpkin seed and flax granola
- raw cashews, almonds, walnuts, pistachios, pine nuts, and pecans
- pumpkin seeds and sunflower seeds
- Navitas Organics raw shelled hemp seeds
- organic chia seeds
- organic flaxseed meal
- Santa Cruz Organics or Sprouts peanut butter
- organic almond butter
- organic cashew butter
- organic honey
- organic maple syrup
- organic agave nectar

## FROZEN

---

- organic blueberries
- organic strawberries
- organic mixed berry blend
- organic mango
- organic pineapple
- Sambazon unsweetened acai packs
- Bonafide Provisions bone broth

## HOT TIPS

- This is a good place to grab your powders and supplements if you don't order them online
- Opt for a nut butter with no added oil or sugar

# sprouts

PAGE 3 OF 3

## PANTRY

---

- Navitas Organics cacao powder
- Navitas Organics acai powder
- Navitas Organics cacao nibs
- Navitas Organics camu powder
- Vital Proteins collagen peptides
- Vega clean protein
- Dave's Killer Bread
- Ozery's Morning Rounds
- corn tortillas
- whole wheat flour tortillas
- whole wheat pasta
- Bob's Red Mill muesli
- Bob's Red Mill farro
- Bob's Red Mill quick cook steel-cut oats
- Bob's Red Mill old-fashioned rolled oats
- Bob's Red Mill israeli couscous
- Bob's Red Mill quinoa
- Bob's Red Mill buckwheat
- Bob's Red Mill bulgur
- Lundberg brown short grain rice
- Lundberg brown basmati rice
- buckwheat porridge
- whole wheat couscous
- Atoria's whole grain lavash
- whole wheat pita
- buckwheat soba noodles
- whole wheat panko bread crumbs
- pancake mix

## PANTRY

---

- artichoke hearts
- tuna fillets in olive oil
- canned tomatoes – whole with basil, diced, pureed
- Westbrae canned beans – black, pinto, butter, cannellini, kidney, garbanzo, refried
- Westbrae canned salad beans and black lentils
- Tasty Bite madras lentils
- Rao's marinara sauce
- low-sodium vegetable and chicken stock
- organic canned coconut milk
- Cholula
- Mary's Gone Crackers
- Firehook Mediterranean Baked Crackers
- Simple Mills Almond Flour Crackers
- Ak-mak crackers
- Pellegrino
- Numi tea
- Hu dark chocolate bars

# costco

PAGE 1 OF 2

## REFRIGERATED

---

- Kirkland organic eggs
- Siggí's Icelandic yogurt
- Love Beets cooked beets
- organic, sprouted, extra-firm tofu
- Eat Wholly organic smashed avocado
- Wild Brine raw organic sauerkraut
- Organic individual hummus pack
- Perfect Bars
- Brew Dr. kombucha

## FRUIT & VEGETABLES

---

- organic bananas
- Sun Date organic medjool dates
- Tasteful Selections organic bite-size potato blend

## MEAT & SEAFOOD

---

- organic, lean, grass-fed ground beef
- organic chicken tenders
- organic chicken breast
- wild caught salmon

## FROZEN

---

- Kirkland organic blueberries
- organic strawberries
- organic mixed berries
- Pitaya Foods dragonfruit, mango, and passionfruit blend
- Golden Farms Foods pineapple
- Sambazon unsweetened acai packs
- wild salmon fillets (individual packs)
- Kirkland wild cod fillets (individual packs)
- Kirkland wild argentinian red shrimp
- Safe Catch Foods wild yellowfin tuna

## HOT TIPS

- Freeze your bread and meat
- Pick up a set of snapwear and pyrex glasswear for batch cooking food storage
- Check the clothing section for adidas workout clothes

# costco

PAGE 2 OF 2

## PANTRY

---

- Chosen Foods avocado oil spray
- Carapelli Firenze extra virgin olive oil
- Big Tree Farms Bali coconut aminos
- Asaro Organic Farm castelvetro green olives
- canned Mediterranean tuna
- organic chicken stock
- Dave's Killer Bread 21 whole grains
- Simple Mills sea salt almond flour crackers
- Mary's Gone Crackers
- Siete Foods sea salt chips
- Angie's Boom Chicka Pop kettle corn
- Hippeas Snacks chickpea puffs
- Vega protein powder
- organic cacao powder
- Kirkland organic hemp hearts
- organic chia seeds
- organic unsweetened almond milk
- Vital Proteins collagen peptides
- Vital Proteins collagen water
- Kirkland coconut water
- Pellegrino

## PANTRY

---

- Kirkland organic peanut butter
- Kirkland organic almond butter
- organic almonds
- organic whole cashews, unsalted and unroasted
- Harvested For You sprouted pumpkin seeds
- Natures Path Organic pumpkin seed and flax granola
- Sencha Naturals matcha powder
- Kirkland organic dried mangos
- Made in Nature organic dried figs
- Made in Nature organic dates
- Made Good Foods granola minis
- That's It mini fruit bars
- Unreal Snacks dark chocolate coconut minis
- Siete Foods Mexican wedding cookies
- canned organic black beans
- Bob's Red Mill quick cook steel-cut oats
- Lundberg organic brown short grain rice
- Seeds of Change brown and red rice with chia and kale
- Tasty Bite madras lentils
- organic quinoa
- Rao's marinara sauce