

MARCH SHOPPING LIST

Shop your pantry first — reduce waste and save money by using what you already have before buying new items.

PRODUCE:

- Potatoes (6 medium)
- Onion (2 medium)
- Garlic (2 cloves)
- Mixed vegetables (2 cups)
- Green chili (1 - optional)

Fresh Take: Try using leftover mashed potatoes instead!

MEAT:

- Cooked meat (1 pound) OR cooked lentils (3 cups)

Fresh Take: Combine leftover meat, lentils or other protein for a unique flavor!

BAKING AND SPICES:

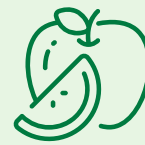
- Whole wheat flour (2 cups)
- Mustard seeds (1 tsp OR substitute ½ tsp mustard powder)
- Curry leaves (6-8 OR substitute: ½ tsp dried thyme or parsley)
- Turmeric powder (1 tsp)
- Dried parsley, rosemary and/or thyme
- Salt
- Oil for frying

PANTRY:

- Tomato paste (1 tbsp)

EAT WITH THE SEASONS

Savor the flavor of fresh, in-season produce. Eating seasonally supports local farms, uses fewer resources and is better for the environment.



Apples



Cabbage



Collard Greens



Grapefruit



Radish



Spinach



Parsley



Pineapple