

Weekend Getaway Grocery List

Beverages

milk or nut milk of choice
half-and-half for coffee
juice boxes for kids
bottled waters
wine or cocktails of choice
coffee (check to see if your
rental is already stocked)

Breakfast

bread or english muffins
eggs
yogurt
bananas
berries
granola or cereal of choice
avocados

Lunch & Dinner

1 head cauliflower
2 15 oz. cans black beans, drained and rinsed
1 purple cabbage
1 red onion (pickle by soaking slices in vinegar
with a pinch of sugar & salt for 30 mins)
1 pint cherry tomatoes
2 cups guacamole
1 bunch cilantro
8 cups mixed lettuce

2 cups sugar snap peas
1 english cucumber
1/2 cup roasted salted peanuts
3 large steaks
seasonal veggies (enough for both nights):
onions, eggplant, zucchini, asparagus,
bell peppers, tomatoes
corn or flour tortillas

Snacks

apples
rice cakes
nut butter of choice
baby carrots
salted almonds
nut thins or crackers of choice
granola bars
something sweet for dessert

Condiments

sugar or sweetener for coffee
honey for toast or PB&H sandwiches
limes
olive oil
salt & pepper
vinegar of choice
steak seasoning
salsa
ginger-sesame salad dressing