

## MEMORIAL DAY GROCERY LIST

### Barbecue Pork Sandwich, Potato Salad with Mustard Vinaigrette Perfect Fruit Salad

#### Fruits and Vegetables

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| <input type="checkbox"/> 1 apple, red (~4 3/4 oz)                      | <input type="checkbox"/> 2 banana (~8 1/3 oz)      |
| <input type="checkbox"/> 1/4 cantaloupe (~4 3/4 oz)                    | <input type="checkbox"/> 1 cloves garlic (~1/8 oz) |
| <input type="checkbox"/> 1 kiwi (~2 2/3 oz)                            | <input type="checkbox"/> 1 lemon (~5 3/4 oz)       |
| <input type="checkbox"/> 2 lime (~4 3/4 oz)                            | <input type="checkbox"/> 1/8 oz mint, fresh        |
| <input type="checkbox"/> 1/2 onion, red (~5 3/4 oz)                    | <input type="checkbox"/> 3 orange (~14 3/4 oz)     |
| <input type="checkbox"/> 2 peaches, fresh (~7 oz)                      | <input type="checkbox"/> 1 pear, bosc (~5 3/4 oz)  |
| <input type="checkbox"/> 13 2/3 potatoes, small red (baby) (~1 1/2 lb) | <input type="checkbox"/> 2 shallots (~1 1/2 oz)    |
| <input type="checkbox"/> 6 strawberries, fresh (~2 1/2 oz)             | <input type="checkbox"/> 1/8 oz tarragon, fresh    |

#### Meat and Seafood

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- 2 pork, tenderloin / Tenderloin filet (~1 lb)

#### Whole Grains, Breads, Pastas, Nuts, or Seeds

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| <input type="checkbox"/> 2 rolls, whole wheat (~2 1/2 oz) | <input type="checkbox"/> 1/2 oz walnuts |
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#### Canned Goods, Juices or Beverages

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- 1 tbsp barbecue sauce

#### Condiments, Oils, Dressings, or Sauces

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| <input type="checkbox"/> 1/8 tsp cooking oil spray | <input type="checkbox"/> 1 1/2 tsp Dijon mustard    |
| <input type="checkbox"/> 1 tbsp mustard, grainy    | <input type="checkbox"/> 1/4 cup olive oil          |
| <input type="checkbox"/> 3 tbsp vinegar, white     | <input type="checkbox"/> 1 tbsp vinegar, white wine |

#### Baking Products

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- 1/2 oz sugar, white granulated

#### Spices and Herbs

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| <input type="checkbox"/> 1/4 oz paprika, smoked hot | <input type="checkbox"/> 1/8 oz pepper, black freshly ground |
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