



FATHER'S DAY GROCERY LIST

Grilled Pork Chops with Feta & Tomatoes
Grilled Sweet Potato & Asparagus
Fresh Fruit with Vanilla Sour Cream

Fruits and Vegetables

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|---|--|
| <input type="checkbox"/> 1 apple, red (~4 3/4 oz) | <input type="checkbox"/> 1 1/4 lb asparagus |
| <input type="checkbox"/> 2 banana (~8 oz) | <input type="checkbox"/> 1 cloves garlic (~1/8 oz) |
| <input type="checkbox"/> 1 lemon (~5 3/4 oz) | <input type="checkbox"/> 1/4 oz oregano, fresh |
| <input type="checkbox"/> 1/4 pineapple, fresh (~4 1/4 oz) | <input type="checkbox"/> 3 1/2 potato, sweet (~1 lb) |
| <input type="checkbox"/> 6 strawberries, fresh (~2 1/2 oz) ¹ | <input type="checkbox"/> 3/4 tomatoes, hot house (~3 1/4 oz) |

- 1 Alternatives would be: blueberries, fresh

Meat and Seafood

- 1 lb pork, loin, boneless / Sirloin Roast

Condiments, Oils, Dressings, or Sauces

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|---|--|
| <input type="checkbox"/> 1 2/3 tbsp olive oil | <input type="checkbox"/> 1/2 tsp vinegar, balsamic |
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Baking Products

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| <input type="checkbox"/> 3 1/2 oz sugar, white granulated | <input type="checkbox"/> 1 tsp vanilla extract |
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Spices and Herbs

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| <input type="checkbox"/> 1/8 oz pepper, black freshly ground | <input type="checkbox"/> 1/8 oz salt, sea |
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Dairy Products

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| <input type="checkbox"/> 1 oz feta cheese | <input type="checkbox"/> 1 1/2 cups sour cream, fat free |
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