

## Shopping List

Item	Amount/Unit	Location	Recipe
<input type="checkbox"/> pita bread rounds	12 mini	bread products	Mini Pitas with Tuna
<input type="checkbox"/> chickpeas, canned	3 cups	canned beans	Spicy Cilantro Hummus
<input type="checkbox"/> white tuna in water	2 cans	canned seafood	Mini Pitas with Tuna
<input type="checkbox"/> plain lowfat yogurt	3/4 cup	dairy products	Spicy Cilantro Hummus
<input type="checkbox"/> eggs	2	dairy products	Mini Pitas with Tuna
<input type="checkbox"/> crumbled blue cheese	1 cup	dairy products	Blue Cheese Spears
<input type="checkbox"/> pecans	1/2 cup	nuts and seeds	Blue Cheese Spears
<input type="checkbox"/> pickles	2	pickles	Mini Pitas with Tuna
<input type="checkbox"/> fresh cilantro	1 1/2 cup	produce	Spicy Cilantro Hummus
<input type="checkbox"/> garlic cloves	3 small	produce	Spicy Cilantro Hummus
<input type="checkbox"/> jalapeno chile peppers	3/4 small	produce	Spicy Cilantro Hummus
<input type="checkbox"/> fresh lemon juice	4 1/2 tablespoons	produce	Spicy Cilantro Hummus
<input type="checkbox"/> lettuce leaves	8	produce	Mini Pitas with Tuna
<input type="checkbox"/> endive	1 head	produce	Blue Cheese Spears
<input type="checkbox"/> pears	1 large	produce	Blue Cheese Spears
<input type="checkbox"/> mayonnaise	1/2 cup	salad dressings	Mini Pitas with Tuna
<input type="checkbox"/> honey	3 tablespoons	snack foods	Blue Cheese Spears
<input type="checkbox"/> salt	3/4 teaspoon	spices and seasonings	Spicy Cilantro Hummus
<input type="checkbox"/> pepper	1 teaspoon	spices and seasonings	Mini Pitas with Tuna
<input type="checkbox"/> water	3 tablespoons		Spicy Cilantro Hummus