**Grocery List Teriyaki Beets and Greens**

**Produce**

garlic (if needed)

1 sweet onion

2-3 beets with greens

(If no beet greens available, still purchase beets but also purchase chard)

1 piece fresh ginger root

1 lime

3 mandarin oranges

**Canned/Dried Food**

farrro

quinoa (if needed)

one 8 oz. can sliced water chestnuts

one 8 oz. can Mandarin orange sections (if no fresh available)

sesame oil (if needed)

low-sodium vegetable broth *(if needed)*

low-sodium soy sauce (if needed)

rice wine vinegar (if needed)

Asian garlic pepper sauce (if needed)

honey (if needed)

brown sugar (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

2 squares marinated tofu (in fridge at home)

or

7 oz. Asian baked tofu

orange juice *(if needed)*