



Cut out this handy **SHOPPING LIST** and take it with you to the grocery store to make sure you don't miss any crucial ingredients!



Laid-Back Dinner Party **SHOPPING LIST**

PRODUCE

- 1 pound of ginger root
- lemon
- 1-2 bulbs of garlic
- fresh rosemary
- fresh thyme

PANTRY

- 1 quart of seltzer
- stevia or agave syrup
- 2 cans of white beans
- Italian dressing or canola oil spray

SEAFOOD

- 4-5 ounces peeled, deveined, fresh or frozen shrimp per person

TOOLS

- wooden skewers, metal skewers, or a grill basket