




YOU NEED:

Baked goods:

-  Whole wheat tortillas (16)






Dairy:

-  Cheddar cheese, shredded (3 to 4 cups)
-  Plain yogurt (1 tablespoon)

Meat and Alternatives:


- Extra-lean ground beef or veggie substitute (1 pound)
- Chicken (3 to 4 pounds), backbone removed
- Rolled boneless pork roast (two 2-pound)

Produce:

- Red potatoes (2)
- Green bell pepper (1)
- Sweet potatoes (4 small)
- Rutabaga (1 small)
- Fresh tarragon (1 sprig)
- Garlic (2 heads)
- Snow pea pods (2 cups)
- Carrots (7 to 9)
- Lemon juice (1 teaspoon) (optional)
- Onions (2)
-  Baby spinach (10-ounce package)
-  Celery (1 head) for crudités
-  Cherry tomatoes (2 pints)
-  Mixed greens (10-ounce package)
-  Apples (1 or 2)




Frozen Foods:

- Frozen mashed winter squash (16-ounce package)


KEY:  denotes Second Supper or Grab & Go Lunch items

CHECK YOUR PANTRY FOR:

Condiments and Dressings:

- Dijon mustard (6 tablespoons)
-  Balsamic vinaigrette (2 teaspoons)
-  Light mayonnaise (1 tablespoon)
-  Low-sodium soy sauce (2 tablespoons)

Cooking Oils:

- Garlic oil or other flavored oil (2 tablespoons)
- Canola oil (1 teaspoon)
- Olive oil (1 teaspoon)
-  Toasted sesame oil (1/2 teaspoon)


Pastas and Tomato Products

- Spinach pasta or whole wheat spaghetti (1 pound)
- Tomato paste (5 1/2-ounce can)
- Tomato sauce (26-ounce can)
- Salsa (8 ounces)



Baking Products:

- Ground almonds (2/3 cup)
- Granulated sugar (1 teaspoon)

Spices and Seasonings:

- Fennel seed (1 teaspoon) (optional)
- Italian herb seasoning (1 tablespoon)
-  Curry powder (1 teaspoon)

Snack Foods:

-  Low-salt corn chips (14-ounce package)
-  Rice crackers (3 to 4 ounce package)

Health Foods:

- Ground flaxseed (1/4 cup)

Wine and Beer:

- Red wine (1 cup)
- White wine (2 1/4 cups plus 1 tablespoon)