


YOU NEED:


Baked Goods:

- Italian-seasoned bread crumbs (1¹/₃ cups plus 1/4 cup)
- 4 large pumpernickel buns
-  Whole wheat tortillas



Dairy:



- Blue cheese (6 ounces)
- Parmesan cheese, grated (1/4 cup plus 2 tablespoons)
- Unsalted butter (2 teaspoons)

Meat and Alternatives:

- Fresh salmon fillets (2 pounds)
- Boneless skinless chicken thighs (2 pounds)
- Pork tenderloins (two 1-pound)
-  Smoked turkey or prosciutto (6 slices)

Produce:

- Mixed greens (two 10-ounce packages)
- Green bell pepper (1)
- Plum tomatoes (8)
- Red bell peppers (4)
- Zucchini (4 small)
- Onions (2 small)
- Lime or lemon juice (1/4 cup)
- Mushrooms, sliced (8 ounces) (optional)
- Green onions (1 bunch)
- Cherry tomatoes (2 pints)
- Fresh cilantro (1 bunch) (optional)
- Fresh mint (1 bunch) (optional)
- Fresh parsley (1/4 cup) (optional)
- Eggplant (1 large)
- Garlic (11 cloves)
-  Nectarines or other fruit (4)
-  Coleslaw mix (16-ounce package)



-  Fresh basil (1 bunch)
-  Baby spinach (10-ounce package)

Frozen Foods:



- Frozen chopped spinach (three 10-ounce packages)
- Frozen green peas (1 cup)

CHECK YOUR PANTRY FOR:




Condiments and Dressings

- Tabasco sauce (2 dashes)
- Dijon mustard (2 tablespoons)
- Capers (2 tablespoons)
- Light mayonnaise (1 cup)
- Balsamic vinegar (2 tablespoons)
-  Low-sodium soy sauce (1/4 cup)
-  Honey (2 tablespoons)


Cooking Oils:

- Garlic oil (2 tablespoons)
- Canola oil (3 tablespoons)
-  Olive oil (1/4 cup plus 2 tablespoons)
-  Toasted sesame oil (2 tablespoons)

Pastas and Tomato Products:

- Tomato sauce (two 24-ounce cans)
-  Whole wheat penne (1-pound package)
-  Egg noodles (13-ounce package)
-  Spinach linguine (1 pound)


Canned Beans and Soup Broths:

-  Lupini or fava beans (19-ounce can)

Baking Products:

- Cornmeal (1/2 cup)

Spices and Seasonings:

KEY:  denotes Second Supper or Grab & Go Lunch items



SHOPPING LIST

- Chile powder (1 teaspoon)
- Dried basil (5 teaspoons)
- Hot pepper flakes (1/2 teaspoon)
- Dried thyme (1/2 teaspoon)
- Dried oregano (6 teaspoons)
- Dried rosemary (1 teaspoon)

Wine and Beer:

- Red wine (1/4 cup)

Notes:

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