

YOU NEED:

Baked goods:

- Whole-grain bread (1 loaf)
- 🍞 Whole wheat hamburger buns (2)

Dairy:

- Cream cheese (1/2 cup)
- Light feta cheese (8 ounces)
- Butter (3 teaspoons)
- 🧀 Cheddar cheese, shredded (3 cups)

Meat and Alternatives:

- Salmon fillet (four 4- to 6-ounce pieces, plus optional two extra pieces)
- Smoked salmon (4 ounces) (optional)
- Boneless lamb, cubed (12 ounces)
- Chicken breasts, bone in (8 breasts, totaling 3 pounds)
- 🍲 Pâté (two types, 4 to 6 ounces each)
- 🍲 Pork cutlets or turkey cutlets (4 cutlets, totaling 1 1/2 pounds)

Produce:

- Green onions (3)
- Red bell pepper (1)
- Yellow bell pepper (1)
- Onion (1)
- Garlic (9 cloves)
- Parsley (1 bunch)
- Chives (1 bunch)
- Gingerroot (1 teaspoon)
- Celery (1 head)
- Baking potatoes (6 medium-size)
- Broccoli (2 heads)
- Lemons (2)
- 🍏 Pear (1)

- 🍏 Apples (4)
- 🍲 Extra-firm tofu (12 ounces) (optional)
- 🍲 Baby carrots (2 cups)

Frozen Foods:

- Frozen chopped spinach (two 10-ounce packages)
- Frozen lima beans (2 cups)
- 🍲 Frozen green beans (3 cups)

CHECK YOUR PANTRY FOR:

Condiments and Dressings:

- Rice wine vinegar (1/4 cup)
- Red wine vinegar (2 tablespoons)
- Kalamata olives (8)
- Capers (4 tablespoons)
- Dijon mustard (2 tablespoons)
- Honey mustard (2 tablespoons)
- Salsa (2 cups)
- Low-sodium soy sauce (1/4 cup)
- Coconut milk (2 tablespoons) (optional)
- Peanut butter (1 cup)

Cooking Oils:

- Toasted sesame oil (1 tablespoon)
- Canola oil (2 tablespoons)
- Olive oil (4 teaspoons)

Pastas and Tomato Products:

- Canned chopped tomatoes (19-ounce can)

Baking Products:

- Brown sugar (1/4 cup)

Spices and Seasonings:

- Sesame seeds (1/4 cup)



KEY: 🍲 denotes Second Supper or Grab & Go Lunch items




SHOPPING LIST

- Curry powder (2 teaspoons)
- Cayenne (2 teaspoons)
- Five-spice powder (1 teaspoon)
- Garlic powder (1 teaspoon)
- Ground cumin (1/4 cup)
- Hot pepper flakes (1/2 teaspoon)
- Paprika (2 tablespoons)
- Dried oregano (4 teaspoons)
- Dried rosemary (1 tablespoon)


Snack Foods:

-  Root vegetable chips, preferably made with sweet potatoes (One 6-ounce package)
-  Whole-grain rye crackers (One 8-ounce package)

Grains:

-  Polenta roll (12 to 16 ounces) (optional)


Juices:

-  Apple cider or juice (1 cup)

Dry Goods:

- Parchment paper (1 package)

Notes:

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