




**YOU NEED:**


**Baked goods:**

- Whole wheat or pumpernickel buns (4)
- Whole wheat tortillas (6)
- Dry whole wheat bread crumbs (2 cups)
-  Whole wheat bagels (6)





**Dairy:**


- Eggs (2)
- Butter (1 tablespoon)
-  Parmesan cheese, grated (1/4 cup)
-  Cream cheese (4 ounces)

**Meat and Alternatives:**

- Boneless skinless chicken thighs (2 pounds)
- Sirloin tip oven roast (3 pounds)
-  Smoked salmon (6 ounces, or substitute tomatoes [see below])
- Tuna (two 7-ounce cans)

**Produce:**

- Onion (1)
- Parsnips (4)
- Red new potatoes (4)
- Carrots (3)
- Baby carrots (3 pounds)
- Celery (4 stalks)
- Red bell pepper (1)
- Garlic (8 cloves)
- Fresh rosemary (1 sprig)
- Lemon (1)
- Romaine lettuce (1 head)
-  Snow peas (2 cups)
-  Plums (2)
-  Pears (4)
-  Alfalfa sprouts (1 pint)



-  Beefsteak tomatoes (2) (optional)

**Frozen Foods:**

- Frozen peas (1 pound)
- Chicken stock (6 cups)

**CHECK YOUR PANTRY FOR:**

**Condiments and Dressings:**

- Dijon mustard (1 tablespoon)
- Steak sauce (2 tablespoons)
- Light mayonnaise (1/4 cup)
- Honey (1 tablespoon, plus to taste)
-  Marinated mushrooms (8-ounce jar)
-  Mild salsa (16-ounce jar)

**Cooking Oils:**

- Olive oil (3 tablespoons)
- Canola oil (2 teaspoons)

**Pastas and tomato products:**

-  Whole wheat penne (1 pound)

**Canned Beans and Soup Broths:**


- Beef stock (1/2 cup)

**Spices and Seasonings:**

- Poultry seasoning (1 teaspoon)
- Dried sage (1 teaspoon)
- Dried dill (1 teaspoon)

**Wine and Beer:**

- Red wine (1 cup) (optional)

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