





YOU NEED:

Baked goods:

- Whole-grain bread (1 loaf)
- Italian-seasoned bread crumbs (1½ cups)
-  Whole wheat hamburger buns (8)






Dairy:

- Eggs (2)
- Milk (¾ cup)
- Parmesan cheese, grated (¾ cup)
-  Cottage cheese (1 cup)
- Butter (1 tablespoon)

Meat and Alternatives:

- Pacific cod fillets (2 pounds)
- Salmon fillets (1½ pounds)
- Extra-lean ground beef (2 pounds)

Produce:




- Mushrooms, sliced (6 ounces)
- Cherry tomatoes (1 pint)
- Baby spinach (10-ounce package)
- Avocados (6)
- Green onions (1 bunch)
- Lime juice (3 tablespoons)
-  Gingerroot (½ teaspoon)
-  Yellow bell pepper (1)
-  Oranges (2)
-  Mixed greens (10-ounce package)
-  Grated cabbage (16-ounce package)
-  Radicchio (2 heads)
-  Lettuce (1 head)
-  Yukon gold potatoes (3 medium-size)
-  Fresh parsley (1½ cups)
-  English cucumbers (2)

Frozen Foods:



- Frozen green beans (1 cup)
- Frozen corn niblets (2 cups)
- Frozen peas (2 cups)
- Beef stock (2 cups)

CHECK YOUR PANTRY FOR:


Condiments and Dressings:

- Soy sauce (3 tablespoons)
- Sweet pickle relish (1 tablespoon)
- Plum sauce (¼ cup, plus extra for dipping)
- Balsamic vinegar (½ cup)
-  Barbecue sauce (2 tablespoons)
-  Honey mustard (1 tablespoon)
-  Rice vinegar (2 tablespoons)

Cooking Oils:

- Extra-virgin olive oil (¼ cup plus 2 tablespoons)
- Olive oil (2 tablespoons)
-  Toasted sesame oil (1 tablespoon)
-  Vegetable cooking spray

Pastas and Tomato Products:


-  Tomato Sauce (16-ounce jar)

Baking Products:

- Evaporated skim milk (8-ounce can)
- Granulated sugar (1 teaspoon)

Spices and Seasonings:

- Dried thyme (2 tablespoons)
- Garlic powder (1 tablespoon)
- White pepper (½ teaspoon)


KEY:  denotes Second Supper or Grab & Go Lunch items



SHOPPING LIST

- Dried tarragon (1 teaspoon)
- Chile powder (2 tablespoons)
- Hot pepper flakes (1 teaspoon)
- Italian herb seasoning (2 tablespoons)
- Ground cumin (1 tablespoon)

Snack Foods:

-  Blue corn tortilla chips (16-ounce package)


Grains:

- Yellow cornmeal (1 cup)
- Pot barley (2 to 2½ cups)

Wine and Beer:

- Red wine (2 cups)

Notes:

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