



YOU NEED:

Baked goods:

- Whole wheat buns (4)

Dairy:

- Butter (2 tablespoons)
-  Whipping cream (1/4 cup) (optional)
-  Yogurt (4 single-serving tubs)

Meat and Alternatives:


- Pork tenderloins (four 1-pound)

Produce:

- Gingerroot (1 tablespoon)
- Thin-skinned potatoes, Yukon gold or white (6)
- Fresh basil (1 bunch)
- Fresh parsley (1/2 cup)
- Broccoli rabe or broccoli (1/2 pound)
- Baby bok choy (4)
- Red bell peppers (2)
- Garlic (7 cloves)
- Green onions (2)
- Jalapeño pepper (1/2)
- Lime juice (1/4 cup)
-  Cherry tomatoes (1 pint)
-  Mixed greens (two 10-ounce packages)
-  Romaine lettuce (1 head)
-  Red grapes (3 cups)
-  Bananas (4)

Frozen Foods:

- Frozen scallops (14-ounce package)
- Frozen white fish fillets, sole, or haddock (1 pound)
- Frozen soybeans (edamame) (2 cups)
- Frozen apple slices (2 cups)

- Frozen squash (2 cups)
- Chicken broth (6 to 8 cups)
-  Frozen corn niblets (2 cups)

CHECK YOUR PANTRY FOR:


Condiments and Dressings:

- Sweet chile sauce (8-ounce jar)
- Peanut sauce (1/2 cup)
- Balsamic vinegar (1/4 cup)
- Seasoned rice vinegar (2 tablespoons)

Cooking Oils:

- Olive oil (2 tablespoons)
- Toasted sesame oil (1 tablespoon)

Canned:

-  Baby clams (16-ounce can)

Baking Products:

- Brown sugar (1/4 cup)

Spices and Seasonings:

- Sesame seeds (1/4 cup)
- Curry powder (1 tablespoon)
- Aniseed (1 teaspoon)
- Ground nutmeg (1/2 teaspoon)
- Coconut milk (1/4 cup)

Snack Foods:


- Rice crackers (8 to 12 ounce package)
- Peanuts (1/4 cup)

Grains:

- Cornmeal (1/4 cup)
- Matzo meal (2 cups)

Wine and Beer:

- Sake (2 cups), or white wine (1 cup)
- Sherry (1 tablespoon) (optional)

KEY:  denotes Second Supper or Grab & Go Lunch items