



# Grocery List – Week Three

Grocery list is based on two persons. Δ Indicates previously purchased – check pantry first

## Produce

- |                        |                           |                                |                                   |
|------------------------|---------------------------|--------------------------------|-----------------------------------|
| Δ 1 medium White Onion | 1/4 cup Blueberries       | 1/2 lb. small Red Potatoes     | Δ 1 Red Onion                     |
| 2 ribs Celery          | 16 spears large Asparagus | Δ 1 Tbsp. fresh Curley Parsley | 1 Yellow Pepper                   |
| Δ 2 Carrots            | 4 large Shallots          | 6 Cherry Tomatoes              | 2 Red Peppers                     |
| 1 Green Pepper         | 1 small bunch Fresh Basil | 1/4 lb. fresh Green Beans      | 1 lb. Eggplant                    |
| 1 lb. Fresh Tomatoes   | Δ 1 bulb Garlic           | 1 small head Romaine Lettuce   | Δ 1 small bunch Flat Leaf Parsley |
| 1 Red Delicious Apple  | 1 bunch fresh Dill        | 1 medium Zucchini              | 1 small bunch Fresh Oregano       |
| 1 Orange               | 4 ounces White Asparagus  |                                |                                   |

## Dairy

- |                                |  |
|--------------------------------|--|
| Δ 3/4 cup Egg Substitute       | 2 ounces Part-skim Milk Mozzarella         |
| 1/2 cup 2 % Milk               | Δ 3 ounces Parmigiano-Reggiano             |
| Δ Take Control Light Margarine | Δ 1/2 ounce Fresh Mozzarella (per serving) |
| 1 cup Fat-free Sour Cream      | 3 ounces Fontina Cheese                    |
| 1 1/4 cup 2% Milk              | 1 ounce Pecorino-Romano Cheese             |
| Δ 5 Tbsp. Unsalted Butter      |  |
| Δ 1 cup Non-fat Buttermilk     |  |
| Δ 1 Egg                        |  |

## Meat / Fish

- 1/2 lb. Turkey Breast, Hormel Low-salt Turkey Pepperoni
- 2 – 4 ounce Tuna Steaks
- 1 1/2 lbs. Large Shrimp

## Bakery

- 4 slices fresh Sourdough Bread

## Pantry Items

- |                                |                            |                            |                       |
|--------------------------------|----------------------------|----------------------------|-----------------------|
| Δ Splenda                      | Δ Curry Powder             | Δ Baking Powder            | Δ Spray Olive Oil     |
| Ground Nutmeg                  | Coarse Ground Mustard      | 1/2 cup Sun Dried Tomatoes | Red Wine Vinegar      |
| Δ Pure Vanilla Extract         | Δ Honey                    | 1/2 cup Vodka              | Capers                |
| Δ Salt                         | Dried Tarragon             | 8 ounces Linguine          | Δ Anchovy Filets      |
| Δ Pure Maple Syrup             | Δ Black Pepper             | 2 Tbsp. Pine Nuts          | 6 Black Olives        |
| 1/2 cup Brown Rice             | Δ 4 cups All Purpose Flour | Δ 4 ounces Fettucine       | 1 lb. box Penne Pasta |
| Δ 5 cups Non-fat Chicken Stock | 1/4 cup Light Brown Sugar  | Δ Extra Virgin Olive Oil   |                       |

## Equipment

- |                     |                           |                               |
|---------------------|---------------------------|-------------------------------|
| Δ Non-stick Griddle | Δ Large Spatula           | 1 - 12 inch Oblong Pyrex Dish |
| Δ Medium Whisk      | Δ Large Non-stick Skillet | Δ Pizza Stone                 |
| Medium Mixing Bowl  | Blender or Mini Chopper   |                               |
| Δ Large Stock Pot   |                           |                               |