



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	Meat / Fish	Bakery
Δ 3/4 cup Egg Substitute	2 ounces Part-skim Milk Mozzarella	4 slices fresh Sourdough Bread
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		
	1/2 lb. Turkey Breast, Hormel Low-salt Turkey Pepperoni	
	2 – 4 ounce Tuna Steaks	
	1 lb. Large Shrimp	

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		