

Some recipes for this week serve 2, some 4. This shopping list is scaled to serve 2 for:

- 2 servings Fettuccine Alfredo with Shrimp and Broccoli
- 2 servings Roasted Salmon with Corn Relish
- 4 servings Lentil Chili (there will be leftovers to be used for lunch)
- 6 servings Tomato-Chive Dressing (leftovers keep well in the refrigerator)
- 2 servings Blackened Redfish (note that the written recipe serves 4)
- 2 servings Dirty Rice
- 2 servings Maple-Sweetened Collard Greens (note that the written recipe serves 4)
- 2 servings Barbecued Chicken Pizza (note that you must double the written recipe)
- 4 servings of Whole Wheat Pizza Dough (leftover unbaked dough freezes well)

Pantry

1 Tablespoon, 1 teaspoon extra-virgin olive oil
 1 tablespoon, 2 teaspoons olive oil
 2 1/2 teaspoons grapeseed oil
 Spray olive oil, spray grapeseed oil
 1/4 cup apricot jelly
 1 (15-ounce) can no-salt added crushed tomatoes
 2 tablespoons tomato paste
 2 tablespoons coarsely ground Dijon mustard
 1 cup low-sodium ketchup
 1 tablespoon, 1 1/2 teaspoon chili powder
 1/2 cups, 2 teaspoons all-purpose flour
 1/4 cup dark brown sugar
 1/2 cup cider vinegar
 1 Tbsp Worcestershire sauce
 4 ounces whole wheat fettuccine
 4 ounces whole wheat spaghetti
 1 tsp dry active yeast
 4 tsp honey
 2 cups whole wheat flour
 2 tablespoons dry white wine
 2 tablespoons red wine vinegar
 3 teaspoons honey
 2 Tablespoons pure maple syrup
 2 1/4 teaspoon salt
 3 1/2 teaspoons paprika
 2 1/4 teaspoons ground cumin
 1/8 teaspoon onion powder
 1/4 teaspoon garlic powder
 1/8 teaspoon cayenne, plus to taste
 1/8 teaspoon dried thyme
 1 3/4 teaspoon dried oregano
 1/2 tsp dry mustard
 1/2 chipotle in adobo (optional)

1 1/2 teaspoon freshly ground black pepper
 1 cup dried lentils
 1 (5-ounce) can low-sodium V8 juice
 1/2 cup uncooked brown rice
 3 Tbsp smooth peanut butter
 2 tsp low-sodium soy sauce
 2 Tbsp low sodium chicken broth
 1/8 tsp red pepper flakes
 2 Tbsp dry roasted unsalted peanuts
 1/4 tsp hot sauce

Meat / Fish / Shellfish

8 ounces shrimp, peeled and deveined
 2 (4-ounce) salmon fillets
 2 (4-ounce) fresh red snapper fillets
 12 ounces boneless skinless chicken breast

Dairy

3/4 cup 2% milk
 1 ounce semisoft goat cheese or light cream cheese
 1 ounce Parmigiano-Reggiano cheese
 6 tablespoons nonfat sour cream
 6 ounces reduced-fat Monterey Jack cheese
 1/2 teaspoon unsalted butter
 2 ounces reduced fat Monterey jack cheese

Freezer

1/2 cup frozen edamame (soybeans)

Produce

3 cups broccoli florets
 7 cloves garlic
 1 1/4 red bell pepper
 1/4 large green bell pepper
 1 bunch green onions
 1 large, 2 1/2 medium onions
 1 cup (~1 ear) fresh corn kernels (frozen are okay)
 1 tablespoon shallot (~1 small shallot)
 1 1/2 teaspoons fresh thyme, or 1/2 teaspoon dried
 2 fresh limes
 1 fresh lemon
 1 tablespoon fresh parsley
 1/4 cup, 1 tablespoon fresh cilantro
 2 tablespoons chives
 1/2 pound fresh collard greens
 1 small carrot
 1 small red onion
 8 ounces cherry or grape tomatoes
 ** Lettuce, tomatoes, mushrooms, peppers, etc., of your choice to make a side salad for 2