

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

- 2 servings Fettuccine with Roasted Eggplant and Broccoli
- 3 servings Garlic-Lime Flank Steak (1 dinner serving will be used for the Philly Cheese Steak later in the week)
- 2 servings Mashed Yams (note that the written recipe serves 4; you will be halving the recipe)
- 2 servings Herbed Zucchini (note that the written recipe serves 4; you will be halving the recipe)
- 2 servings Cashew Chicken (note that the written recipe serves 4; you will be halving the recipe)
- 2 Servings Whitefish in Foil with Vegetables and Tomato Sauce
- 2 Servings Caesar Salad (recipe makes 8 servings of the Caesar Salad Dressing; you will use 2 and refrigerate the leftover dressing)
- 2 Servings Philly Cheese Steak (note that the written recipe serves 1; each sandwich uses 1/2 of the leftover Garlic-Lime Flank Steak)
- 8 Servings Waldorf Salad (keeps fairly well for for 2 days and the leftovers make great snacks)
- 4 Servings Salmon-Squash Risotto (note that the written recipe serves 2; you will be doubling the recipe so that there are leftovers for Day 14)

### Produce

2 8 ounce eggplants  
 8 ounces broccoli  
 1/2 lb yams  
 1/2 lb zucchini  
 3 1/2 medium white onions  
 4 spears asparagus  
 1 small carrot  
 1 small green bell pepper  
 1 small red bell pepper  
 4 medium crimini mushrooms  
 4 large basil leaves  
 2 heads romaine lettuce  
 2 medium granny smith apples  
 1 medium red delicious apple  
 1 cup celery  
 2 lb yellow squash  
 2 Tbsp fresh oregano  
 2 Tbsp flat leaf parsley  
 1 Tbsp fresh rosemary  
 1 Tbsp fresh herbs of your choice  
 1 1/2 tsp fresh ginger  
 1 tsp lemon zest  
 1 Tbsp fresh lime juice  
 4 Tbsp fresh lemon juice  
 8 cloves garlic  
 1 Tbsp pinenuts  
 3 shallots

### Pantry

spray olive oil  
 1 Tbsp, 1 1/2 tsp olive oil  
 3 Tbsp, 1 tsp extra virgin olive oil  
 1 tsp dark sesame oil  
 1 1/4 cup low sodium chicken broth  
 1 Tbsp low-sodium soy sauce  
 1/4 cup low-fat mayonnaise  
 1 Tbsp non-fat mayonnaise  
 2 Tbsp Dijon mustard  
 2 Tbsp balsamic vinegar  
 1/8 tsp dried rosemary  
 1 cup uncooked arborio rice  
 1/2 cup brown rice  
 1/4 cup raw cashews  
 1/4 cup walnuts  
 4 Tbsp pumpkin seeds (pepitas)  
 4 ounces whole wheat fettuccine  
 1 3/4 tsp salt  
 Fresh ground black pepper  
 1 1/2 tsp maple syrup  
 3 Tbsp honey  
 1 15 ounce can no salt added white beans  
 4 tsp tomato paste  
 1/4 cup dry white wine  
 2 anchovy filets  
 1 cup reduced-fat croutons  
 1 mini baguette (2.5 ounces or less)  
 1/4 cup raisins

### Meat / Fish / Shellfish

3/4 lb flank steak  
 1/2 lb boneless skinless chicken breast  
 2 4 ounce halibut filets  
 12 ounces salmon filet (skin removed)

### Dairy

1 ounce aged gruyere (Asiago or other hard cheese will do)  
 1 Tbsp light spread (like Promise Buttery Spread Light or Take Control Light)  
 2 Tablespoons (1/8 cup) non-fat buttermilk  
 2 Tbsp 2% milk  
 3 1/2 ounces Parmigiano-Reggiano  
 1/2 cup non-fat yogurt  
 1 ounce reduced-fat Swiss cheese  
 1/4 cup low-fat sour cream

### Freezer

1/2 cup frozen shelled edamame (soybeans)

### Other

Aluminum foil