



# all you

## WEEK 10 SHOPPING LIST

### MEAT, FISH AND POULTRY

- 8 oz. thinly sliced roast beef
- 1½ lb. skirt steak
- 2 oz. thinly sliced ham
- 2 (6 oz.) chicken breast halves

### FRUITS AND VEGETABLES

- 5 lemons
- 2 heads romaine lettuce
- 2 onions
- 6 garlic cloves
- ¾ cup plus 1 Tbsp. chopped fresh parsley

### DAIRY

- 1½ cups milk
- ¼ cup low-fat plain yogurt
- ½ cup (2 oz.) crumbled blue cheese
- 1 cup shredded sharp Cheddar
- 1 large egg
- 4 Tbsp. unsalted butter
- ¾ cup heavy cream
- ¼ cup (2 oz.) grated Parmesan
- 4 oz. shredded mozzarella

### OTHER

- 1 cup canned low-sodium chicken broth
- 1 cup croutons
- 1 9 oz. package frozen artichoke hearts, thawed
- ½ lb. angel hair pasta
- ¼ cup chopped parsley
- 1 loaf Italian or French bread (about 14 oz.)
- 3 6-oz. cans solid white tuna in water
- ¼ cup kalamata or other black olives

### You will also need these items

- from your pantry:** ● all-purpose flour  
● crushed red pepper ● extra-virgin olive oil  
● light mayonnaise ● pepper ● salt ● sugar