



# all\*you

## WEEK 11 SHOPPING LIST

### MEAT AND POULTRY

- 1½ lb. beef chuck pot roast
- 4 slices Black Forest or other ham
- 1 pork tenderloin (¾ lb.)
- 6 bone-in, skin-on chicken thighs (about 2 lb.)
- 4 slices turkey breast

### FRUITS AND VEGETABLES

- 1 lemon
- 3 limes
- 10 oz. asparagus
- 1 avocado
- 20 baby carrots
- 1 cup shredded carrots
- 6 cups shredded lettuce
- ½ cup fresh basil leaves
- 3 cloves garlic
- ½ cup fresh mint leaves
- 3 Tbsp. chopped flat-leaf parsley
- 1 Tbsp. minced fresh rosemary

### DAIRY

- ½ cup milk
- ¾ cup sour cream
- ½ cup grated Parmesan
- 1 cup ricotta
- 4 slices Swiss cheese
- 4 Tbsp. unsalted butter
- 2 large eggs

### OTHER

- 2 16-oz. jars mild or medium tomato-based salsa
- 12 6-inch corn tortillas
- 8 oz. thin rice noodles (vermicelli)
- 1 cup frozen lima beans
- 1 lb. fettuccine
- 8 slices sturdy white sandwich bread

### You will also need these items

- from your pantry:** ● chili powder  
● cider vinegar ● olive oil ● pepper  
● salt ● sugar