



allyou

WEEK 12 SHOPPING LIST

MEAT AND POULTRY

- 1 (4 lb.) corned beef brisket with seasoning packet
- ¼ lb. ham
- 1 lb. boneless pork cutlets (4 cutlets)
- 3½ cups shredded chicken from

FRUITS AND VEGETABLES

- 1 small white cabbage
- 24 baby carrots
- 2 carrots
- 12 large lettuce leaves
- 1 small onion
- 1 cup frozen peas
- 1½ lb. small red or white potatoes
- 3 scallions
- 1 small zucchini
- 6 garlic cloves
- 1 (1-inch) piece fresh ginger

DAIRY

- ½ cup heavy cream
- 8 oz. feta cheese
- 1 cup grated Parmesan
- 2 large eggs
- 5 Tbsp. unsalted butter

OTHER

- ¾ cup plain bread crumbs
- 1 lb. fresh or frozen cheese tortellini
- 2 whole cloves
- ¼ cup hoisin sauce
- 1 tsp. rice vinegar
- ½ cup cashews
- 4 large flour tortillas
- 1 lb. frozen pizza dough
- 1 (14.5 oz.) can diced tomatoes
- ½ cup black olives

You will also need these items

- from your pantry:** ● all-purpose flour
● dried oregano ● olive oil ● pepper ● salt
● vegetable oil