



all*you

WEEK 2 SHOPPING LIST

MEAT, POULTRY AND FISH

- 1 lb. lean ground beef
- 1 link Mexican chorizo sausage (about 4 oz.)
- 4 thin slices deli ham
- 1 ham steak (about 1¼ lb.)
- 4 boneless, skinless chicken breast halves (about 5 oz. each)
- 4 skinless 1½-inch thick cod fillets (about 6 oz. each)

FRUITS AND VEGETABLES

- 3 large tart-sweet apples (such as Braeburn, Gala or McIntosh)
- 1 lemon
- 2 cups cubed fresh (or canned) pineapple
- ½ cup finely chopped fresh basil leaves
- 4 cloves garlic
- 2 onions
- 2 Tbsp. minced fresh parsley
- 7 medium Yukon Gold potatoes

DAIRY

- 1 stick plus 2 Tbsp. unsalted butter
- 8 large eggs
- ½ cup milk
- ¼ cup grated Parmesan
- ½ cup ricotta

OTHER

- 1 Tbsp. reduced-fat mayonnaise
- 1 cup frozen mixed vegetables
- ½ cup orange juice
- ½ cup panko or regular bread crumbs
- 1 Tbsp. tomato paste
- 3 Tbsp. finely chopped walnuts
- 1 tsp. Worcestershire sauce

You also will need these items

- from your pantry:** ● all-purpose flour
● cinnamon ● cornstarch ● dark brown sugar
● Dijon mustard ● dried thyme ● ground nutmeg
● olive oil ● pepper ● salt ● sugar