



all you

WEEK 3 SHOPPING LIST

MEAT, POULTRY AND FISH

- 1½ lb. ground sirloin
- ½ cup finely chopped pepperoni
- 2 slices bacon
- ½ lb. sliced ham
- 4 6-oz. boneless, skinless chicken breast halves
- 1 lb. shrimp, peeled and deveined

FRUITS AND VEGETABLES

- 4 cups baby arugula
- 1½ cups finely chopped button mushrooms
- 1½ onions
- 2 bunches scallions
- 2 cloves garlic

DAIRY

- 1 cup shredded part-skim mozzarella
- 2 cups shredded Gruyère (about 5 oz.)
- 10 large eggs
- 2 cups whole milk
- 2 cups half-and-half

OTHER

- 8 oz. spaghetti
- 1 Tbsp. sesame oil
- 2 cups frozen peas
- 6 Tbsp. teriyaki sauce
- 2 cups low-sodium chicken broth
- 1 15-oz. can chopped tomatoes
- 1 28-oz. can diced tomatoes
- ½ cup pitted, chopped black olives
- 1 15-oz. can white beans
- 1 15-oz. can kidney beans
- 1 15-oz. can black beans
- 12 slices white sandwich bread

You will also need these items

- from your pantry:** ● all-purpose flour
● chili powder, cornstarch ● Dijon mustard
● dried oregano ● garlic powder ● ketchup
● pepper ● salt ● sugar ● vanilla extract
● vegetable oil