



all you

WEEK 5 SHOPPING LIST

MEAT, POULTRY AND FISH

- 2 lb. lean beef stew meat
- 12 oz. medium shrimp, peeled and deveined

FRUITS AND VEGETABLES

- 3 limes
- 4 cups small broccoli florets
(from 1 head broccoli)
- 2 carrots
- 10 oz. white button mushrooms
- 2 onions
- ¼ cup finely chopped fresh cilantro
- 6 cloves garlic
- 5 scallions
- 1½ cups fresh corn kernels
(from 2 medium ears)

DAIRY

- ½ cup plus 2 Tbsp. whole milk
- ¼ cup heavy cream
- ¼ cup grated Parmesan
- 1 stick unsalted butter
- 1 large egg
- 2 cups grated pepper Jack

OTHER

- 1¼ cups canned low-sodium chicken broth
- 6 cups canned low-sodium beef broth
- 1 cup canned coconut milk
- 1 28-oz. can diced tomatoes with juice
- 1 Tbsp. Worcestershire sauce
- ⅔ cup pearl barley
- ⅔ cup seasoned bread crumbs
- 24 refrigerated cheese ravioli
- 2 cups jarred marinara sauce
- ½ cup plain bread crumbs
- 1 lb. penne or other small, short pasta
- 1½ cups basmati rice
- 1 15.5-oz. can chickpeas
- 8 6-inch corn tortillas
- 1 10-oz. can enchilada sauce

You will also need these items

from your pantry: all-purpose flour

- crushed red pepper ● dried thyme
- garlic powder ● olive oil ● salt ● vegetable oil