



all you

WEEK 6 SHOPPING LIST

MEAT AND POULTRY

- 4 lb. boneless beef chuck
- 4 shoulder blade lamb chops
- 1 lb. pork tenderloin
- 3 cups shredded skinless cooked chicken, from a rotisserie chicken
- ¾ lb. turkey sausage with Italian seasonings

FRUITS AND VEGETABLES

- 1 lemon
- 3 red bell peppers
- 3 cups shredded iceberg lettuce
- 5 onions
- 1 5-oz. package baby spinach (about 6 cups)
- 5 cloves garlic

DAIRY

- 1½ cups shredded Cheddar
- 2 Tbsp. unsalted butter
- ¾ cup grated Parmesan
- 1 large egg

OTHER

- 1 14.5-oz. can diced tomatoes
- 2 Tbsp. instant tapioca
- 2 Tbsp. capers
- 6 flour tortillas
- ¾ cup tomato salsa
- 6½ cups canned low-sodium chicken broth
- 2 Tbsp. apricot jam
- ¼ cup tahini
- 2 cups arborio rice
- ½ cup dry white wine

You will also need these items

from your pantry: ● ground cumin

● Dijon mustard ● dried oregano ● dried thyme

● olive oil ● salt ● soy sauce ● vegetable oil