



all*you

WEEK 7 SHOPPING LIST

MEAT AND POULTRY

- 4 lb. boneless lean lamb, from shoulder or leg
- 1½ lb. pork tenderloin
- 8 chicken drumsticks (about 2 lb.)
- 1 lb. lean ground turkey

FRUITS AND VEGETABLES

- 1 lime
- 6 carrots
- 2 onions
- 1 large yellow summer squash (about 8 oz.)
- 1 cup chopped fresh or canned tomatoes
- 1 large zucchini (about 8 oz.)
- 1 clove garlic
- ½-inch piece fresh ginger
- 2 tsp. chopped fresh thyme

DAIRY

- 1 cup shredded part-skim mozzarella
- ½ cup plus 2 Tbsp. grated Parmesan
- 1½ cups ricotta
- 1 large egg

OTHER

- 3½ cups canned low-sodium chicken broth
- ½ cup dry Italian-style bread crumbs
- 1 10-oz. package frozen chopped spinach
- 1 14-oz. jar tomato sauce
- 4 oz. no-boil lasagna noodles
- 3 tsp. curry powder
- ½ cup golden raisins

You will also need these items

- from your pantry:** ● all-purpose flour
● chili powder ● cornstarch ● dark brown sugar
● garlic powder ● nutmeg ● olive oil ● pepper
● salt ● soy sauce ● sugar ● vegetable oil