



all you

WEEK 9 SHOPPING LIST

MEAT AND POULTRY

- 4 lamb shoulder-blade chops (about 2 lb.)
- 8 (6 oz.) boneless, skinless chicken breast halves
- ¼ lb. sliced ham, chopped

FRUITS AND VEGETABLES

- 2 lemons
- 1 cup cherry tomatoes
- ½ cucumber
- ¼ small red onion
- 8 cups mixed salad greens
- ½ cup finely chopped fresh mint
- 1 Tbsp. finely chopped fresh oregano
- 3 cups packed baby spinach
- 2 cloves garlic
- 2 Tbsp. chopped parsley

DAIRY

- 3 oz. feta
- ½ cup grated Parmesan
- 1 15-oz. container ricotta
- 4 Tbsp. unsalted butter
- 6 large eggs
- 1½ cups half and half
- 1½ cups shredded Swiss cheese

OTHER

- ½ cup white wine
- ¼ cup capers
- ½ cup kalamata or other black olives
- 1 lb. fusilli or other short pasta
- 2 cups frozen shelled edamame
- 1 9-inch frozen pie crust
- 1 7-oz. jar roasted red peppers, cut into strips
- ¾ cup canned low sodium chicken broth

You will also need these items

from your pantry: ● all-purpose flour

- olive oil ● pepper ● red wine vinegar ● salt
- sugar ● vegetable oil