



allyou

WEEK 1 SHOPPING LIST

MEAT, POULTRY AND FISH

- 1½ lb. flank steak
- 2 slices bacon
- 2 bone-in center-cut pork chops (about 1¼ lb.)
- 1½ lb. thin chicken breasts
- 1 lb. frozen medium shrimp, peeled and deveined

VEGETABLES

- 1 carrot
- 9 cups baby greens (such as spinach)
- 10 oz. button mushrooms
- 1 onion
- 6 scallions
- 1 10-oz. box frozen chopped spinach
- 3 cloves garlic
- 2 Tbsp. finely chopped fresh parsley
- 2 cups bean sprouts or alfalfa sprouts

DAIRY

- 8 oz. shredded part-skim mozzarella
- ½ cup grated Parmesan
- 5 Tbsp. unsalted butter

OTHER

- ¼ cups marinara sauce
- 1 20-oz. package refrigerated cheese ravioli
- 1 lb. dried black beans
- 1 Tbsp. chopped canned chipotle chilies in adobo plus 1 Tbsp. adobo sauce
- 2 cups low-sodium vegetable broth
- ½ cup low-sodium chicken broth
- 2 14.5-oz. cans Italian-seasoned diced tomatoes with juice
- 1 cup instant polenta or grits
- 2 Tbsp. sesame oil
- 6 Tbsp. bottled teriyaki sauce
- 2 Tbsp. Worcestershire sauce

You also will need these items

- from your pantry:** ● all-purpose flour
● crushed red pepper ● cumin ● olive oil
● pepper ● red wine vinegar ● salt
● vanilla extract ● vegetable oil