



all you

WEEKLY SHOPPING LIST

MEAT, FISH AND POULTRY

- 4 bone-in center-cut pork chops (about 3 lb.)
- 1 lb. small or medium peeled cooked shrimp
- 1 4-lb. whole chicken

FRUITS AND VEGETABLES

- 2 lemons
- 2 limes
- 2 peaches
- 2 ribs celery
- 5 cups coleslaw mix (cabbage and carrots)
- 2 heads romaine lettuce
- 6 scallions
- 5 cloves garlic
- 2 tsp. minced fresh ginger
- 3 sprigs fresh rosemary
- 1 tsp. finely chopped fresh thyme leaves

DAIRY

- 1/3 cup milk
- 1/2 cup heavy cream
- 7 Tbsp. unsalted butter
- 3 large eggs

OTHER

- 2 15 1/2-oz. cans black-eyed peas
- 2/3 cup white wine
- 1/3 cup apricot preserves
- 1/4 cup reduced-fat mayonnaise
- 2 tsp. sesame oil
- 1 cup tomato salsa
- 1/4 tsp. chopped, seeded canned chipotle chili in adobo
- One 11-oz. box frozen breaded fish sticks
- 1 12-oz. bag mixed frozen vegetables, such as Birds Eye Asian Medley
- 8 5 1/2-inch corn tortillas, warmed
- 5 cups cold cooked rice

You also will need these items from your pantry: ● all-purpose flour ● baking powder ● cayenne pepper ● chili powder ● confectioners' sugar ● cornmeal ● dried thyme ● garlic powder ● olive oil ● paprika ● pepper ● salt ● soy sauce ● sugar ● vegetable oil