



# all you

## WEEKLY SHOPPING LIST

### MEAT, FISH AND POULTRY

- 1 lb. lean ground beef
- 4 oz. hard salami, thinly sliced
- 1 pork tenderloin (about 1¼ lb.)
- 4 flounder fillets (about 6 oz. each)
- 1 whole chicken, 3½ to 4 lb.

### FRUITS AND VEGETABLES

- 2 carrots
- 1 celery rib
- 2 cups shredded lettuce
- 2 onions
- 1½ small onions
- 4 large bell peppers (about 8 oz. each)
- 2 cloves garlic
- 2 Tbsp. chopped fresh herbs such as thyme, rosemary and oregano

### DAIRY

- 5½ cups milk
- 4 oz. Swiss cheese, thinly sliced
- 8 Tbsp. unsalted butter
- 5 large eggs

### OTHER

- 2 10-oz. packages frozen spinach
- 2 Tbsp. lemon juice
- 1 cup cooked white rice
- ¼ cup dried bread crumbs
- 1 14-oz. can diced tomatoes
- ¾ cup low-sodium chicken broth
- ¾ cup apple cider
- 4 Italian sandwich rolls
- ¼ cup reduced-fat mayonnaise
- ½ cup unsweetened cocoa powder
- 6 oz. semisweet chocolate
- 30 miniature marshmallows
- 6 whole graham crackers

**You also will need these items from your pantry:** ● all-purpose flour ● baking powder ● bay leaf ● cinnamon ● cornstarch ● dried oregano ● ground cloves ● olive oil ● pepper ● red wine vinegar ● salt ● sugar ● vanilla extract ● vegetable oil