



allyou

WEEKLY SHOPPING LIST

MEAT

- 1 lb. ground chuck
- 3 lb. pork ribs
- 6 slices ham

FRUITS AND VEGETABLES

- 1 ripe avocado
- 5 ripe bananas
- 1 lime
- 2 medium eggplant (about 2 lb.)
- 1½ small onions
- ½ red bell pepper
- 1 small potato
- 1 Tbsp. finely chopped shallot
- 4 cloves garlic

DAIRY

- ½ cup plus 2 Tbsp. milk
- 6 oz. feta
- 6 oz. part-skim mozzarella
- ¼ cup grated Parmesan
- 8 large eggs

OTHER

- 1 15-oz. can diced tomatoes
- ⅓ cup Italian-seasoned bread crumbs
- 6 Tbsp. honey
- ¼ cup oyster sauce
- 2 Tbsp. rice wine
- ½ tsp. 5-spice powder
- 1 10-oz. package frozen spinach
- ¼ cup kalamata or other black olives
- 4 10-inch flour tortillas
- 4 whole-wheat hamburger buns
- 4 oz. semisweet chocolate chips

You also will need these items from your

- pantry:** ● chili powder ● crushed red pepper
● olive oil ● pepper ● salt ● vanilla extract
● vegetable oil