



# all\*you

## WEEK 15 SHOPPING LIST

### MEAT AND FISH

- 2 lb. beef chuck
- 8 oz. hot Italian sausage
- 1 fully cooked ham steak (about 1¼ lb.)
- 4 salmon steaks, 1 inch thick (about 6 oz. each)

### FRUITS AND VEGETABLES

- 2 lemons
- 3 pears (about 2 lb.)
- 1½ lb. broccoli (about 1 large head)
- 1 celery rib
- 3 onions plus 1 small onion
- 1 red bell pepper
- ¼ cup chopped fresh dill
- 2 cloves garlic

### DAIRY

- 2½ cups milk
- 1½ cups sour cream
- 1 cup grated Cheddar
- ½ cup grated Parmesan
- 6 Tbsp. unsalted butter
- 1 cup plain low-fat yogurt

### OTHER

- ¼ cup maple syrup
- 4 cups low-sodium chicken broth
- 2 cups instant biscuit mix (such as Bisquick)
- 1 15-oz. can red kidney beans
- 1 14-oz. can crushed tomatoes, with juices
- 1 Tbsp. tomato paste
- 1 tsp. caraway seeds
- 8 oz. ziti
- 1 cup crushed graham crackers
- 1 tsp. apple-pie spice

### You also will need these items from your

- pantry:** all-purpose flour • chili powder  
• cider vinegar • Dijon mustard • honey  
• olive oil • paprika • pepper • salt • sugar  
• vegetable oil