



all you

WEEK 16 SHOPPING LIST

MEAT, POULTRY AND FISH

- 2 lb. lean ground beef
- 4 ½-inch-thick bone-in pork chops
- 1½ lb. boneless, skinless chicken breast halves
- 3 grilled chicken breast halves
(about 12 oz. total)

FRUITS AND VEGETABLES

- 2 large Granny Smith apples
- 2 carrots
- 4 cups shredded romaine lettuce
(from 1 head)
- 10 oz. white or cremini mushrooms
- 3 onions
- 1 shallot
- 2 cloves garlic

DAIRY

- ½ cup heavy cream
- ½ cup low-fat sour cream
- 1½ cups shredded Monterey Jack
- 1 large egg

OTHER

- ½ cup apricot jam
- ¾ cups low-sodium chicken broth
- 1 cup pearl barley
- 4 10-inch flour tortillas
- 1 15-oz. can red beans
- 1 15-oz. can kidney beans
- 1½ cups tomato salsa
- 16 saltines
- ¼ cup chopped pecans
- 1 6-oz. can tomato paste
- ¼ cup plus 1½ tsp. unsweetened
cocoa powder
- ⅓ cup miniature chocolate chips

You also will need these items from your pantry: ● all-purpose flour ● allspice ● baking soda ● cayenne pepper ● chili powder ● cider vinegar ● cinnamon ● dried oregano ● dried thyme ● mayonnaise ● paprika ● pepper ● salt ● sugar ● vanilla extract ● vegetable oil