



all you

WEEK 18 SHOPPING LIST

MEAT, POULTRY AND FISH

- 1 1½-lb. flank steak
- 1½ lb. boneless, skinless chicken breasts
- 1½ lb. boneless, skinless chicken thighs
- 1 lb. large shrimp, peeled and deveined

FRUITS AND VEGETABLES

- 2 limes
- 2 cups chopped broccoli florets
- 2½ onions
- 8 cloves garlic
- 2 Tbsp. finely chopped fresh mint leaves
- ½ cup finely chopped fresh parsley

DAIRY

- 3 oz. feta cheese
- 8 oz. goat cheese
- 5 Tbsp. unsalted butter
- 7 large eggs

OTHER

- ½ cup dry white wine
- 12 oz. whole-wheat spaghetti
- 1 Tbsp. curry powder
- 1 28-oz. can diced tomatoes with juice
- 2 15-oz. cans chickpeas
- 1 cup pitted, chopped black olives
- 1 12-oz. jar marinated artichoke hearts
- 1 12-oz. jar roasted red peppers
- 4 10-inch flatbreads or flour tortillas
- 2 10-inch flour tortillas
- 1 20-oz. can crushed pineapple, packed in juice

You also will need these items from your

- pantry:** ● cinnamon ● crushed red pepper
● olive oil ● pepper ● salt ● sugar