



all you

WEEK 19 SHOPPING LIST

MEAT, POULTRY AND FISH

- 2 lb. lean ground beef
- 1½ lb. pork medallions
- 1½ lb. medium shrimp, peeled and deveined
- 1 lb. boneless, skinless chicken breasts
- 40 slices turkey pepperoni

FRUITS AND VEGETABLES

- 1 carrot
- 1 celery rib
- 1 small onion
- 3 scallions
- 8 oz. snow peas
- ¼ cup finely chopped fresh basil
- 4 cloves garlic
- 1 Tbsp. finely chopped fresh ginger

DAIRY

- 1 cup whole milk
- 1 cup heavy cream
- 4 oz. crumbled goat cheese
- 8 oz. shredded part-skim mozzarella
- 4 Tbsp. unsalted butter
- 3 large eggs

OTHER

- 1 cup white wine
- 2 28-oz. cans crushed tomatoes
- 3 14.5-oz. cans diced tomatoes
- 1½ cups panko or other coarse bread crumbs
- 4 10-inch flour tortillas
- ¼ cup teriyaki sauce
- ¼ cup low-sodium chicken broth
- 4 cups cooked white rice
- 3 Tbsp. chopped roasted cashews
- 2 pints vanilla ice cream
- ½ cup crushed candy canes or other peppermint candies
- ¼ cup light corn syrup
- 12 oz. semisweet chocolate

You also will need these items from your

- pantry:** ● all-purpose flour ● dried oregano
● nutmeg ● olive oil ● pepper ● salt ● vegetable oil