



all*you

WEEK 21 SHOPPING LIST

MEAT

- 2 lb. ground beef (90 percent lean)
- 1 1¼-lb. pork tenderloin
- 2 lb. boneless leg of lamb

FRUITS AND VEGETABLES

- 1 lemon
- 2 cups baby carrots
- 4 green-leaf lettuce leaves
- 4 portobello mushroom caps
- 1 small onion
- ½ red bell pepper
- One 5-oz. bag baby spinach
- 4 slices tomato
- ½ cup finely chopped fresh cilantro
- 8 cloves garlic
- 2 Tbsp. finely chopped fresh ginger
- 1 cup fresh parsley, plus ¼ cup finely chopped
- ½ cup fresh sage

DAIRY

- 1 cup whole-milk ricotta
- 4 slices Cheddar
- 8 Tbsp. (1 stick) unsalted butter
- 1 cup plain yogurt (not nonfat)
- 1 large egg

OTHER

- 1 lb. spaghetti
- 1½ cups couscous
- 1 quart low-sodium chicken broth
- 1 cup dry bread crumbs
- 1 cup frozen corn
- 4 whole-wheat hamburger buns
- ¼ cup yellow cornmeal
- ½ cup mini chocolate chips
- ½ cup toffee bits

You also will need these items from your

- pantry:** ● all-purpose flour ● chili powder
● cinnamon ● confectioners' sugar ● ground cumin
● nutmeg ● olive oil ● pepper ● salt ● vanilla extract