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This Week's Meals

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My Favorites

Print Shopping List

Shopping List for the week of September 15, 2008

FRESH PRODUCE

- Cherry tomatoes ~12
- Fresh cilantro leaves ~1 bunch
- Fresh mushrooms ~1 (8-ounce) package
- Garlic ~8 cloves
- Green onions ~2 bunch
- Jalapeño chile ~1 small
- Lemon ~1 large
- Lemon or lime ~1 medium
- Lime ~1 large
- Onion ~1 small
- Parsley ~1 bunch
- Shallots ~2
- Whole-kernel corn ~1/2 cup

- Cabbage ~1 head
- Carrots, sugar snap peas, cucumbers, and/or radishes for veggie plate
- Cherry tomatoes ~2 dozen
- Cucumbers ~2 medium
- Fresh asparagus ~1 bunch
- Green onions ~1 bunch
- Italian parsley ~1 bunch
- Pineapple ~1
- Romaine lettuce ~1 head
- Yukon Gold potatoes ~4 medium

DAIRY/REFRIGERATED

- Egg ~1 large
- Low-fat or nonfat milk ~2 cups
- Parmesan or Romano cheese ~3 ounces
- Whole-wheat tortillas or chapatis ~4 10-inch

- Buttermilk ~1 small carton
- Feta cheese ~1 package

DELI

- Kalamata olives ~1 dozen

GROCERY/STAPLES

- Baked potato chips or coarse dry whole-wheat breadcrumbs ~1 bag
- Barbecue sauce ~1 cup
- Chopped ripe olives ~1 (4-ounce) can
- Chunk light tuna in water ~1 (6-ounce) can
- Dry white wine or vegetable broth ~1/2 cup
- Julienned sun-dried tomatoes, packed in oil ~1/2 cup
- Orange marmalade ~1/4 cup
- Whole-wheat egg noodles or fettuccine ~8 ounces

Key:

Ingredients for Main Meals
Ingredients for Side Dishes

Buying Tips from Simplicious

- Shrimp are sold both raw and cooked, by the pound. The "count" for shrimp refers to the size and how many are in one pound. So the larger the shrimp, the fewer per pound. Fresh shrimp should be moist and firm with translucent flesh—and smell fresh.
- Shallots are a petite member of the onion family that have a mild, delicate flavor. They're formed like garlic, with a head made up of several large cloves. Look for firm, well-shaped heads that are not sprouting.
- Select garlic bulbs that are plump and firm—smaller cloves tend to be more pungent. You can purchase small jars of minced garlic in the produce department as a shortcut—1/2 teaspoon = 1 clove garlic.
- Red lentils are fast cooking, high in protein and fiber, and a terrific choice for soups. Look for them in the bulk grains and beans section of your market.
- If you don't think you will use Cajun seasoning very often, then look in the bulk foods section of your market. There, you can buy as much or as little of a spice as you'd like.

- ◉ *Barley ~1 cup*
- ◉ *Reduced-sodium beef broth ~3 cups*
- ◉ *Vinaigrette dressing*
- ◉ *Whole-wheat orzo pasta ~1 package*

MEAT/POULTRY/SEAFOOD

- ◉ **Bone-in center-cut pork chops (about 1 1/2 lbs.) ~4**
- ◉ **Flank or top round steak ~1 pound**
- ◉ **Lean ground turkey ~1 pound**
- ◉ **Shelled, deveined uncooked large shrimp ~1 pound**

SEASONINGS/OILS/BAKING

- ◉ **All-purpose flour ~1/4 cup**
- ◉ **Cajun seasoning ~1 tablespoon**
- ◉ **Garlic salt ~1/2 teaspoon**
- ◉ **Ground cumin ~1/4 teaspoon**
- ◉ **Olive oil ~1 tablespoon**
- ◉ **Olive oil ~4 tablespoons**
- ◉ **Olive oil ~2 teaspoons**
- ◉ **Unseasoned dry bread crumbs ~1/4 cup**

- ◉ *Olive oil ~1 tablespoon*



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