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Common ingredients in this planner are baby spinach, canned chickpeas, cilantro, heirloom tomatoes, green onions, nectarines, and pork tenderloin.

SHOPPING LIST

Why 2 kinds of NAAN? You can swap one for another; the nutrition in your finished dish may be different.

produce

- baby spinach, 1 (5-ounce) package
- baby watercress or baby arugula, 2 cups
- fresh cilantro
- fresh or frozen cranberries, 1 (10-ounce) package
- fresh mint fresh sage
- garlic green onions, 1 bunch
- heirloom tomatoes, 2 large, 3 medium
- lemons, 5 lime, 1
- nectarines, 5
- okra pods, 1 pound
- pickling cucumbers, 6
- sweet onion, 1
- Swiss chard, 1½ pounds

meat/fish/poultry

- light smoked sausage, 4 ounces
- lump crabmeat, 1 pound
- pork tenderloins, 2 (1-pound) loins
- salmon fillets, 4 (6-ounce) fillets

dairy

- feta cheese with basil and sun-dried tomatoes, 3 ounces
- large eggs
- paneer or queso blanco, 2 ounces
- plain low-fat yogurt, 1 (6-ounce) container
- shredded reduced-fat extra-sharp cheddar cheese, 3 ounces
- unsalted butter

staples

- apple jelly balsamic vinegar
- bottled chili sauce brown sugar
- canola mayonnaise
- chickpeas, 2 (15-ounce) cans
- cider vinegar crushed red pepper
- curry powder
- fat-free, lower-sodium chicken broth
- ground cumin ground ginger
- ground red pepper
- ground turmeric honey
- kalamata olives
- no-salt-added chickpeas, 2 (15-ounce) cans
- quartered marinated artichoke hearts, 1 (6-ounce) jar
- refrigerated pie dough, 1 (14.1-ounce) package
- refrigerated pizza crust dough, 1 (13.8-ounce) can
- smoked paprika
- sugar turbinado sugar
- whole-grain baguette, 1 (8.5-ounce)
- whole-wheat couscous

miscellaneous

- dopiaza curry cooking sauce
- roasted garlic onion jam
- whole-grain naan, 1 (8.8-ounce) package
- whole-wheat naan, 1 (9-ounce) package (2 naan)