

2

Common ingredients in this planner are asparagus, avocados, bacon, and tomatoes.

SHOPPING LIST

Why 2 kinds of GREEK YOGURT? To meet nutritional guidelines, some recipes call for fat-free Greek yogurt. You can substitute one kind for another, but the nutrition and texture of your finished dish will be different.

produce

- asparagus spears, 1¼ pounds
- avocados, 4
- baby heirloom tomatoes, 1 (12-ounce) package
- baby spinach, 1 (6-ounce) package
- Broccoli, 1 pound
- fresh basil
- fresh cilantro
- fresh corn, 2 ears
- fresh garlic
- gourmet salad greens, 1½ cups
- grape tomatoes, 1 pint
- green onions, 1 bunch
- large tomatoes, 2
- lemons, 4
- limes, 3
- peaches, 8
- sweet onion, 1

meat/fish/poultry

- boneless center-cut loin pork chops, 4 (4-ounce) chops (about ½ inch thick)
- (6-ounce) salmon fillets, 4
- center-cut bacon, 1 pound
- lower-sodium bacon, 1 pound
- skinless, boneless rotisserie chicken breast, 1 whole breast

dairy

- butter
- large eggs
- grated fresh Parmesan cheese, 2 ounces
- herbed goat cheese, 2 ounces
- low-fat Greek yogurt, 6-ounce container
- part-skim ricotta cheese, 15-ounce container

- plain fat-free Greek yogurt, 1 (6-ounce) container
- preshredded Monterey Jack cheese with jalapeño peppers, 1 ounce
- preshredded part-skim mozzarella cheese, 6 ounces

staples

- baked tortilla chips
- canola oil
- capers
- cider vinegar
- commercial pizza dough, 1 (16-ounce) package
- corn tortillas, 9 (6-inch)
- crusty Chicago-style Italian bread
- fat-free, lower-sodium chicken broth
- ground cumin
- ground red pepper
- marinara sauce
- no-salt-added black beans, 1 (15-ounce) can
- olive oil
- stone-ground mustard
- thin-sliced 15-grain bread
- turbinado sugar

miscellaneous

- apple juice concentrate, 1 (11.5-ounce) can
- dry white wine
- whole-wheat tandoori naan, ½ (12-ounce) package (2 naan)