

# 3

Common ingredients in this planner are goat cheese, red bell pepper, red onions, spinach, and strawberries.

## SHOPPING LIST

### produce

- blueberries, about 5.3 ounces (1 cup)
- fresh baby spinach, 8 ounces
- fresh basil
- fresh cremini mushrooms, 3.5-ounce package
- fresh ginger
- fresh parsley
- fresh sage     fresh thyme
- garlic     lime, 1
- microwave-ready baking potatoes, 2
- prechopped onion, 4.5 ounces
- red bell peppers, 2
- red onions, 2
- strawberries, 1 quart
- sweet potatoes, 1 pound
- large tomatoes, 2
- yellow squash, 1 medium
- zucchini, 1 medium

### meat/fish/poultry

- prosciutto, 4 (½-ounce) thin slices
- reduced-fat pork sausage, 8 ounces
- skinless, boneless chicken, 8 (6-ounce) breast halves

### dairy

- (0.7-ounce) slices reduced-fat provolone cheese, 1 package
- goat cheese, 5 ounces
- grated fresh pecorino Romano cheese, 1 ounce
- large eggs

- paneer or queso blanco, 4 ounces
- plain low-fat Greek yogurt, about 8 ounces
- plain low-fat yogurt, 1 cup
- preshredded part-skim mozzarella cheese, 2 ounces
- shredded fresh Parmesan cheese, 2 ounces

### freezer

- frozen hash browns, 2 cups

### staples

- balsamic vinegar
- blush wine vinaigrette
- capers
- commercial hummus
- commercial olive tapenade
- dry Marsala wine
- garam masala
- Madras curry powder
- maple syrup
- pistachios
- red curry powder
- sourdough bread, 8 (1-ounce) slices
- sugar
- walnuts, ½ ounce
- wheat berries
- whole-wheat pitas, 4 (6-inch)

### miscellaneous

- ground fresh ginger paste