

4

Common ingredients in this planner are cilantro, coconut, dried apricots, macadamia nuts, pineapple, and pistachios.

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produce

- bananas, 2
- celery
- fresh cilantro
- fresh dill or fresh tarragon
- fresh mint
- fresh pineapple, 2
- fresh thyme garlic
- gourmet salad greens, 1 (5-ounce) package
- green onions, 1 bunch
- lemons, 4
- lettuce and herb blend salad greens, 2 (4-ounce) packages
- limes, 3 onion, 2
- orange, 1

meat/fish/poultry

- cooked chicken breast, 3 breast halves
- deli smoked turkey breast, 8 ounces
- ground lamb, 1 pound
- peeled and deveined shrimp, 1 pound
- snapper fillets, 4 (6-ounce)

dairy

- 1/3-less-fat cream cheese, 4 ounces
- blue Stilton cheese, 1 ounce
- butter
- large eggs
- plain fat-free Greek yogurt, 1 (7-ounce) container
- vanilla fat-free Greek yogurt, 1 (6-ounce) container

staples

- agave syrup
- brown sugar
- canola mayonnaise
- coconut milk, 1 (13.5-ounce) can
- couscous
- Dijon mustard
- dried apricots, 1 (7-ounce) bag
- flaked sweetened coconut
- golden raisins
- ground red pepper
- honey
- honey-roasted peanuts
- jasmine rice
- macadamia nuts, about 1 ounce
- mango chutney
- pistachios, about 2 ounces shelled
- red curry powder
- rice vinegar
- self-rising flour
- slivered almonds, about 1.3 ounces

miscellaneous

- fiery 5-pepper seasoning
- garam masala
- green curry paste
- ground fresh ginger paste
- lemongrass paste
- pineapple preserves