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Common ingredients in this planner are arugula, ginger, Granny Smith apples, lower-sodium deli chicken, mascarpone cheese, and oranges.

SHOPPING LIST

produce

- arugula, 2 cups
- baby bok choy, 4 (about 1 pound)
- Chinese long beans, 1 pound
- extra-firm tofu, 1 (14-ounce) package
- fresh ginger
- Granny Smith apples, 2 medium
- grapefruit, 1
- grape tomatoes, 1 pint
- lime, 1
- navel oranges, 8
- pear, 1
- prewashed arugula, 1 (5-ounce) package
- sweet onions, 2
- thinly sliced green cabbage, 2 cups
- thinly sliced red cabbage, 2 cups

meat/fish/poultry

- boneless center-cut loin pork chops, 4 (4-ounce) chops (about ½ inch thick)
- center-cut bacon
- halibut fillets, 4 (6-ounce) fillets
- thinly sliced deli, lower-sodium chicken, 20 ounces
- thinly sliced prosciutto, 2 ounces

dairy

- crème de Brie spreadable cheese
- fat-free cottage cheese, 1 (12-ounce) container
- goat cheese, 3 ounces
- large eggs
- mascarpone cheese
- Swiss cheese, 6 (0.5-ounce) slices

staples

- 100% whole-wheat bread, 8 (1.5-ounce) slices
- apricot preserves
- brown sugar
- cannellini beans, 1 (15-ounce) can
- cider vinegar
- country-style Dijon mustard
- crystallized ginger
- dark sesame oil
- Dijon mustard
- fig preserves
- hoisin sauce
- honey
- ladyfingers, 1 (3-ounce) package
- lower-sodium soy sauce
- microwaveable precooked whole-grain brown rice, 1 (8.8-ounce) package
- rye pumpernickel bread, 6 (1.2-ounce) slices
- seasoned rice vinegar
- sesame seeds
- sliced almonds, 1 ounce
- sugar

miscellaneous

- large-size zip-top plastic steam-cooking bag
- orange-flavored liqueur (Grand Marnier)
- Sriracha (hot chile sauce)
- vanilla bean paste