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Common ingredients in this planner are arugula, English cucumbers, feta cheese, mixed fresh berries, goat cheese, pancetta, and Parmesan cheese.

ARUGULA SUBSTITUTES: Substitute baby arugula for arugula, if you like.

SHOPPING LIST

produce

- arugula, 7 ounces
- baby arugula, 1.5 ounces
- English cucumber, 1 large
- fresh chives
- fresh dill
- fresh mint
- fresh oregano
- fresh parsley
- fresh spinach, 1 ounce
- garlic
- lemons, 4
- Meyer lemons, 2
- mixed fresh berries, 14 ounces
- prechopped green onions
- steamed peeled ready-to-eat baby red beets, 1 (8-ounce) package

meat/fish/poultry

- flank steak, 1 pound
- lean ground lamb, 1 pound
- thinly sliced pancetta, 3 ounces
- veal cutlets, 4 (4-ounce) cutlets (about ¼ inch thick)

dairy

- ½-less-fat cream cheese, 2 ounces
- butter
- crème fraîche
- fat-free sour cream, 7 ounces
- feta cheese, 5 ounces
- goat cheese, about 8 ounces
- half-and-half

- large eggs
- plain 2% reduced-fat Greek yogurt, 8 ounces
- plain low-fat yogurt, about 4 ounces
- shaved fresh Parmesan cheese, 2 ounces
- shredded fontina cheese, 2 ounces

staples

- cannellini beans, 1 (15-ounce) can
- capellini or angel hair pasta
- capers
- day-old French bread
- Dijon mustard
- dry white wine
- fat-free, lower-sodium chicken broth
- flaxseed meal
- honey
- light balsamic vinaigrette
- low-fat granola without raisins
- low-sugar strawberry preserves
- prepared horseradish
- quick-cooking grits
- red wine vinegar
- sliced almonds
- whole-wheat tortillas, 2 (8-inch)

miscellaneous

- oil-packed sun-dried tomato halves
- pitted dates