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Common ingredients in this planner are 2% milk, blueberries, chicken cutlets, mixed salad greens, peaches, and raspberries.

Why 2 kinds of SOUR CREAM? You can substitute one sour cream for the other; the nutritional results and the texture of your finished recipe may vary.

SHOPPING LIST

produce

- angel hair slaw, 2 (10-ounce) packages
- fresh basil
- fresh blueberries, 8 ounces
- fresh cilantro
- fresh ginger fresh mint
- fresh raspberries, about 8 ounces
- fresh rosemary garlic
- gourmet mushroom blend, 1 (4-ounce) package
- grape tomatoes, ½ pint
- lemons, 2 leeks, 2
- mixed salad greens, 13 ounces
- onions, 2 peaches, 9

meat/fish/poultry

- center-cut bacon
- chicken breast cutlets, 8
- cooked chicken breast, about 2 breast halves
- flat-iron steak, 16 ounces

dairy

- ½-less-fat cream cheese, 2 ounces
- 2% reduced-fat milk
- crumbled goat cheese, 4 ounces
- grated fresh Parmesan cheese, 2 ounces
- Gruyère cheese, 2 ounces large eggs
- light sour cream mascarpone cheese
- part-skim mozzarella cheese, 2 ounces
- plain fat-free Greek yogurt, about 8 ounces
- plain fat-free yogurt, 1 (6-ounce) container
- reduced-fat sour cream, 1 (8-ounce) container

freezer

- frozen puff pastry dough, 1 sheet

staples

- brown sugar
- canned quartered artichoke hearts
- caraway seeds
- crusty Chicago-style Italian bread, 8 (1-ounce) slices
- Dijon mustard dry white wine
- fat-free, lower-sodium beef broth
- fat-free, lower-sodium chicken broth, 1 (32-ounce) carton
- ground cumin
- hazelnuts, 1 ounce
- honey light raspberry vinaigrette
- low-fat granola marinara sauce
- mixed pitted olives
- multigrain cluster cereal
- olive oil orange marmalade
- paprika rice vinegar
- sliced almonds, 2 ounces
- sugar
- white balsamic vinegar

miscellaneous

- instant polenta peach brandy
- refrigerated country-style mashed potatoes, 1 (24-ounce) package
- refrigerated steam-in-bag cubed butternut squash, 1 (12-ounce) package
- toasted hazelnut oil
- whole-wheat panko (Japanese breadcrumbs)