

Week of 5 – 11 September 2010

SUNDAY SHOPPING LIST:

Produce:

- | | |
|--|---|
| <input type="checkbox"/> 2 pounds Asian pears | <input type="checkbox"/> 1 1/2 Tbsp fresh ginger root |
| <input type="checkbox"/> 3 apples | <input type="checkbox"/> 4 scallions |
| <input type="checkbox"/> 2 ounces lettuce leaves | <input type="checkbox"/> 1 red bell pepper |
| <input type="checkbox"/> 2-3 large tomatoes | <input type="checkbox"/> 1 yellow bell pepper |
| <input type="checkbox"/> 1 pound snow peas | <input type="checkbox"/> 1 red onion |
| <input type="checkbox"/> 3 cloves garlic | |

Canned Fruits, Vegetables and Juices

- 1/2 cup lime juice

Baking

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> 4 Tbsp. brown sugar | <input type="checkbox"/> 1 cup flour |
| <input type="checkbox"/> 3/8 cup sugar | |

Cooking Oils & Shortening

- 2 tsp vegetable oil

Herbs, Spices & Seasonings

- 1/8 tsp nutmeg
- 1 1/16 tsp cinnamon
- 2 Tbsp chili powder
- 2 tsp kosher salt
- 1 tsp cumin
- 1 Tbsp coriander
- 1 tsp tumeric
- 2 tsp curry powder
- 2 Tbsp paprika
- 1/8 tsp cayenne pepper

Condiments

- 3 Tbsp raspberry vinegar
- 4 Tbsp Veganaise

Beans & Rice

- 1/2 cup wild rice
- 1/2 cup mung beans, dry

Nuts & Seeds

- 1/4 cup hazelnuts

Snack Foods

- 56 grams shortbread cookies

Breads, Cereals & Grains

- 8 slices whole wheat bread

Pastas & Sauces

- 2 Tbsp tomato paste

Dairy & Dairy Substitutes

- 2 eggs
- 3/4 cup 2% low-fat milk
- 4 Tbsp butter
- 1 1/16 cup milk
- 2 1/4 cups yogurt

Meat, Poultry, Fish & Seafood

- 8 turkey sausage links
- 8 ounces smoked Chinook salmon
- 1 rack (13 bone portion) pork backribs

Oriental Food Products

- 3 Tbsp sesame oil

Specialty Foods

- 1 1/2 Tbsp Bird's Custard Powder

Liquor

- 3 Tbsp brandy
- 2 Tbsp dry sherry

MONDAY SHOPPING LIST:

Produce:

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|---|--|
| <input type="checkbox"/> 224 grams red peppers | <input type="checkbox"/> 4 Tbsp fresh basil |
| <input type="checkbox"/> 2 garlic cloves | <input type="checkbox"/> 1 lemon |
| <input type="checkbox"/> 1/8 tsp fresh thyme | <input type="checkbox"/> 1/2 pound green beans |
| <input type="checkbox"/> 1/8 tsp fresh rosemary | <input type="checkbox"/> 1/2 pound wax beans |
| <input type="checkbox"/> 1/8 tsp fresh oregano | |

Canned Fruits, Vegetables and Juices

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|---|---|
| <input type="checkbox"/> 1 cup pomegranate juice | <input type="checkbox"/> 1/3 Tbsp capers |
| <input type="checkbox"/> 1/8 pint kalamata olives | <input type="checkbox"/> 2/3 cup peach nectar |

Baking

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|--|--|
| <input type="checkbox"/> 1 tsp vanilla extract | <input type="checkbox"/> 1/2 tsp sugar |
| <input type="checkbox"/> 1/4 cup whole wheat flour | |

Cooking Oils & Shortening

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| <input type="checkbox"/> 2 Tbsp ounce extra virgin olive oil | <input type="checkbox"/> 1 Tbsp almond oil |
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Herbs, Spices & Seasonings

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| <input type="checkbox"/> 1/2 tsp nutmeg | <input type="checkbox"/> 1 tsp lemon pepper |
| <input type="checkbox"/> 1 tsp chili powder | <input type="checkbox"/> 1/2 tsp Old Bay Seafood seasoning |
| <input type="checkbox"/> 2 Tbsp dried dillweed | |

Condiments

- 1/3 cup A-1 Steak Sauce
- 1 tsp Tabasco sauce

Soups & Gravies

- 4 cups Amy's Soups, Organic Cream of Tomato

Beans & Rice

- 1 cup dried Cannellini beans

Breads, Cereals & Grains

- 1 cup muesli
- 8 slices sourdough bread

Pastas & Sauces

- 1 Tbsp tomato paste

Dairy & Dairy Substitutes

- 1 cup yogurt
- 2 cups milk
- 10 ounces part skim mozzarella cheese
- 2 Tbsp butter
- 4 eggs

Frozen Foods

- 1 1/2 cup frozen corn kernels

Meat, Poultry, Fish & Seafood

- 2 pounds top round steak
- 10 ounces Wild Pink Salmon, skinless & boneless, 5 ounce packages.
- 1/8 ounce anchovies

TUESDAY SHOPPING LIST:

Produce:

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|--|---|
| <input type="checkbox"/> 2 scallions | <input type="checkbox"/> 2-3 cloves garlic |
| <input type="checkbox"/> 8 ounces mushrooms | <input type="checkbox"/> 1/3 pound collard greens |
| <input type="checkbox"/> 1 1/2 pounds red potatoes | <input type="checkbox"/> 1/3 pound mustard greens |
| <input type="checkbox"/> 1 onion | <input type="checkbox"/> 1/3 pound turnip greens |

Dried Fruits and Vegetables

- 1/2 pound pitted dates

Canned Fruits, Vegetables and Juices

- 2 Tbsp lemon juice

Baking

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|--|--|
| <input type="checkbox"/> 1 Tbsp wheat bran | <input type="checkbox"/> 1/2 tsp vanilla extract |
| <input type="checkbox"/> 1/2 cup flour | <input type="checkbox"/> 4 Tbsp coca powder |

Cooking Oils & Shortening

- 1/4 cup olive oil

Herbs, Spices & Seasonings

- 1 1/2 tsp poultry seasoning
- 1 1/2 tsp lemon pepper
- 2 tsp garlic powder
- 1 tsp black peppercorns
- 1 tsp sage

Condiments

- 1/4 cup barbeque sauce

Jams, Jellies & Spreads

- 8 Tbsp all-fruit strawberry spread

Soups & Gravies

- 2 cups condensed chicken broth
- 1/2 cup Wolfgang Puck All Natural Chicken Stock

Nuts & Seeds

- 1 1/2 cups toasted almonds
- 1/4 cup walnuts
- 1/4 cup flax seeds
- 1/4 cup sunflower seeds
- 1/4 cup roasted whole pumpkinseeds

Breads, Cereals & Grains

- 4 Thomas' Better Start Light Multi-Grain English Muffins
- 1 Tbsp rolled oats

Dairy & Dairy Substitutes

- 4 ounces fat-free cream cheese
- 1/4 cup Monterey jack cheese
- 1 Tbsp butter
- 3 eggs
- 1 eight-ounce tube reduced-fat crescent rolls

Meat, Poultry, Fish & Seafood

- 4 skinless chicken breast halves
- 4 slices bacon

Oriental Food Products

- 2 cups Panko bread crumbs
- 2 Tbsp Mochiko Sweet Rice Flour

Liquor

- 1/2 cup white wine

WEDNESDAY SHOPPING LIST:

Produce:

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|--|---|
| <input type="checkbox"/> 4 bananas | <input type="checkbox"/> 8 apricots |
| <input type="checkbox"/> 5 cloves garlic | <input type="checkbox"/> 1/2 cup scallions |
| <input type="checkbox"/> 2 tsp fresh ginger root | <input type="checkbox"/> 1 rib celery |
| <input type="checkbox"/> 1 jalapeno chili pepper | <input type="checkbox"/> 1 cup bean sprouts |

Canned Fruits, Vegetables and Juices

- 1 cup apricot nectar

Baking

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|---|---|
| <input type="checkbox"/> 4 1/2 cups all purpose flour | <input type="checkbox"/> 1 package active dry yeast |
| <input type="checkbox"/> 1/3 cup light brown sugar | <input type="checkbox"/> 2 Tbsp cocoa powder |
| <input type="checkbox"/> 1/2 cup baking soda | <input type="checkbox"/> 1 Tbsp arrowroot powder |
| <input type="checkbox"/> 1 Tbsp kosher salt | |

Cooking Oils & Shortening

- 1 Tbsp almond oil

Herbs, Spices & Seasonings

- 1/2 tsp mustard powder

Condiments

- 1 Tbsp cider vinegar

Jams, Jellies & Spreads

- 6 Tbsp Earth Balance brand almond butter

Beans & Rice

- 1 cup medium-grain brown rice

Breads, Cereals & Grains

- 4 multi-grain pita pockets

Pastas & Sauces

- 8 Tbsp marinara sauce

Dairy & Dairy Substitutes

- 1/2 cup milk
- 26 eggs
- 1/4 ounce margarine
- 1 cup dry curd cottage cheese
- 2 cups shredded non-fat mozzarella cheese

Frozen Foods

- 1/2 pound frozen sugar snap peas
- 1 cup frozen peas

Meat, Poultry, Fish & Seafood

- 16 slices pepperoni
- 4 ounces deli-style fat-free ham slices
- 1 pound fresh large shrimp

Oriental Food Products

- 2 Tbsp sesame oil
- 1 Tbsp low-sodium soy sauce
- 1 Tbsp aji-Mirin Sweet Rice Cooking wine

THURSDAY SHOPPING LIST:

Produce:

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|--|---|
| <input type="checkbox"/> 1 pear | <input type="checkbox"/> 1 tsp fresh tarragon |
| <input type="checkbox"/> 1 apple | <input type="checkbox"/> 1/2 cup mushrooms |
| <input type="checkbox"/> 2 peaches | <input type="checkbox"/> 2 white onions |
| <input type="checkbox"/> 1 pomegranate | <input type="checkbox"/> 1 green pepper |
| <input type="checkbox"/> 1 plantain | <input type="checkbox"/> 1 carrot |
| <input type="checkbox"/> 1 tomato | <input type="checkbox"/> 1 zucchini |
| <input type="checkbox"/> 1 tsp fresh chives | <input type="checkbox"/> 2 cloves garlic |
| <input type="checkbox"/> 1 gram and 8 sprigs fresh parsley | <input type="checkbox"/> 2 pounds poblano peppers |
| <input type="checkbox"/> 1 tsp fresh chervil | |

Dried Fruits and Vegetables

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|---|--|
| <input type="checkbox"/> 2 Tbsp raisins | <input type="checkbox"/> 2 Tbsp dried apricots |
|---|--|

Canned Fruits, Vegetables and Juices

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|--|--|
| <input type="checkbox"/> 1 Tbsp olives | <input type="checkbox"/> 1 green olive |
|--|--|

Baking

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|---|---------------------------------------|
| <input type="checkbox"/> 1/2 cup wheat germ | <input type="checkbox"/> 1 Tbsp sugar |
|---|---------------------------------------|

Cooking Oils & Shortening

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|---|--|
| <input type="checkbox"/> 3 1/2 Tbsp olive oil | |
|---|--|

Herbs, Spices & Seasonings

- 3/4 tsp cinnamon
- 1 tsp thyme
- 1/2 tsp sage
- 1/2 tsp oregano
- 1 1/2 tsp marjoram
- 1/2 tsp red pepper flakes
- 1/2 tsp chili powder
- 1 tsp garlic powder
- 1 tsp mustard powder

Beans & Rice

- 1/2 cup brown rice

Nuts & Seeds

- 1/2 cup walnuts
- 1/3 cup almonds

Snack Foods

- 4 crackers

Breads, Cereals & Grains

- 1 slice white bread
- 6 slices whole wheat bread
- 4 Oroweat multi-grain Sandwich Things rolls
- 1/2 cup quick cooking oats

Dairy & Dairy Substitutes

- 1 1/4 cup milk
- 1/2 cup half and half
- 1/2 cup whipping cream
- 1 slice American cheese
- 1/2 cup goat cheese
- 5 eggs

Meat, Poultry, Fish & Seafood

- 1 pound pork shoulder roast

Oriental Food Products

- 6 grams chow mein noodles

Liquor

- 1 tsp sherry

FRIDAY SHOPPING LIST:

Produce:

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|--|--|
| <input type="checkbox"/> 4 figs | <input type="checkbox"/> 1/2 stalk celery |
| <input type="checkbox"/> 2 limes | <input type="checkbox"/> 1/2 cup snow pea pods |
| <input type="checkbox"/> 1/4 cup red pepper | <input type="checkbox"/> 1/4 cup scallions |
| <input type="checkbox"/> 1/2 cup yellow bell peppers | <input type="checkbox"/> 8 cups baby spinach |
| <input type="checkbox"/> 2 cloves garlic | <input type="checkbox"/> 1 small red cabbage |
| <input type="checkbox"/> 1 1/2 fresh ginger root | <input type="checkbox"/> 1 small green cabbage |
| <input type="checkbox"/> 1 cup lettuce | <input type="checkbox"/> 1 cup whole cilantro leaves |
| <input type="checkbox"/> 1/2 cup carrots | <input type="checkbox"/> 196 grams firm tofu |

Canned Fruits, Vegetables and Juices

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|---|--|
| <input type="checkbox"/> 2 tsp capers | <input type="checkbox"/> 1/4 cup pomegranate juice |
| <input type="checkbox"/> 32 ounces V-8 vegetable juice with no added salt | <input type="checkbox"/> 5 ounce can water chestnuts |
| | <input type="checkbox"/> 4 ounce can chili peppers |

Baking

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|---|---|
| <input type="checkbox"/> 1 1/2 tsp active dry yeast | <input type="checkbox"/> 1 Tbsp brown sugar |
|---|---|

Cooking Oils & Shortening

- | | |
|---|---|
| <input type="checkbox"/> 1 Tbsp olive oil | <input type="checkbox"/> 3 Tbsp vegetable oil |
| <input type="checkbox"/> 1/8 cup almond oil | |

Herbs, Spices & Seasonings

- 1 Tbsp freeze-dried chives
- 1/2 tsp garlic powder
- 1/8 tsp white pepper
- 1/4 tsp paprika
- 1/2 tsp mustard powder
- 1 Tbsp cumin powder

Condiments

- 2 Tbsp mayonnaise
- 1 tsp cider vinegar
- 2 Tbsp rice wine vinegar
- 2 Tbsp balsamic vinegar

Jams, Jellies & Spreads

- 2 tsp agave nectar

Beans & Rice

- 1/4 cup brown rice

Nuts & Seeds

- 1 Tbsp sesame seeds

Breads, Cereals & Grains

- 4 slices toast or bread to toast
- 1 3/4 cup sorghum
- 1/2 cup potato starch
- 1/4 cup tapioca starch
- 1 tsp xanthan gum
- 8 wheat low-carb, high-fiber tortilla wraps
- 1/4 cup miso

Dairy & Dairy Substitutes

- 4 eggs
- 1 tsp Bob's Red Mill egg replacer
- 60 grams silken Tofu
- 1 cup low-fat 2% milk
- 1/2 cup sour cream
- 1/4 cup goat cheese

Meat, Poultry, Fish & Seafood

- 1 1/2 pounds cod filets

Oriental Food Products

- 1 Tbsp low-sodium soy sauce
- 2 Tbsp sesame oil

SATURDAY SHOPPING LIST:

Produce:

- | | |
|---|---|
| <input type="checkbox"/> 8 leaves lettuce | <input type="checkbox"/> 4 cloves garlic |
| <input type="checkbox"/> 2 - 3 large tomatoes | <input type="checkbox"/> 2 onions |
| <input type="checkbox"/> 1 pound cucumbers | <input type="checkbox"/> 1 1/2 Tbsp fresh parsley |

Dried Fruits and Vegetables

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|---|---|
| <input type="checkbox"/> 1/8 cup dried figs | <input type="checkbox"/> 1/8 cup golden raisins |
| <input type="checkbox"/> 1/8 cup dried apricots | |

Canned Fruits, Vegetables and Juices

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|--|---|
| <input type="checkbox"/> 1/3 cup pomegranate juice | <input type="checkbox"/> 21 fluid ounces can crushed tomatoes |
|--|---|

Baking

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|---|--|
| <input type="checkbox"/> 1 tsp almond extract | <input type="checkbox"/> 5 grams vanilla beans |
| <input type="checkbox"/> 1/4 cup sugar | |

Cooking Oils & Shortening

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|--|
| <input type="checkbox"/> 2 Tbsp extra virgin olive oil |
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Herbs, Spices & Seasonings

- 1/2 tsp red pepper flakes
- 1/16 tsp saffron threads
- 1/16 tsp cinnamon
- 3/8 tsp onion powder
- 7/8 tsp garlic powder
- 3/4 tsp kosher salt
- 1/4 cup dried chives
- 1/8 tsp white pepper

Condiments

- 2 Tbsp brown mustard
- 2 Tbsp mayonnaise
- 2 1/4 Tbsp cider vinegar

Nuts & Seeds

- 1 cup almond milk

Snack Foods

- 4 gluten-free Barkat ice cream cones

Breads, Cereals & Grains

- 8 slices bread
- 8 slices rye bread
- 2 1/4 Tbsp bread crumbs

Pastas & Sauces

- 12 ounces whole wheat pasta

Dairy & Dairy Substitutes

- 2 Tbsp butter
- 3 ounces eggs
- 4 slices provolone cheese

Frozen Foods

- 1 pound frozen blackberries
- 1 pint Haagen-Dazs Zesty Lemon Sorbet

Meat, Poultry, Fish & Seafood

- 4 ounces deli-style sliced fat-free turkey
- 1 1/8 pound ground beef
- 4 ounces deli-style sliced fat-free ham
- 6 chicken legs
- 6 chicken thighs

Specialty Foods

- 2 Tbsp Bird's Custard Powder

Liquor

- 1 1/2 Tbsp brandy