

Week of 5 – 11 September 2010

WEEKLY SHOPPING LIST:

Produce:

- |  |  |
|--|--|
| <input type="checkbox"/> 4 apples              | <input type="checkbox"/> 1/2 pound green beans     |
| <input type="checkbox"/> 2 peaches             | <input type="checkbox"/> 3 large carrots           |
| <input type="checkbox"/> 1 pear                | <input type="checkbox"/> 2 stalks celery           |
| <input type="checkbox"/> 2 pounds Asian pears  | <input type="checkbox"/> 1 cup bean sprouts        |
| <input type="checkbox"/> 8 apricots            | <input type="checkbox"/> 20 cloves garlic          |
| <input type="checkbox"/> 1 pomegranate         | <input type="checkbox"/> 4 Tbsp fresh ginger root  |
| <input type="checkbox"/> 4 bananas             | <input type="checkbox"/> 12 ounces mushrooms       |
| <input type="checkbox"/> 1 plantain            | <input type="checkbox"/> 5 white onions            |
| <input type="checkbox"/> 4 figs                | <input type="checkbox"/> 1 red onion               |
| <input type="checkbox"/> 1 lemon               | <input type="checkbox"/> 10 scallions              |
| <input type="checkbox"/> 2 limes               | <input type="checkbox"/> 1 1/2 pounds red potatoes |
| <input type="checkbox"/> 1 head lettuce        | <input type="checkbox"/> 5 red bell pepper         |
| <input type="checkbox"/> 8 cups baby spinach   | <input type="checkbox"/> 2 yellow bell pepper      |
| <input type="checkbox"/> 1 small red cabbage   | <input type="checkbox"/> 1 green pepper            |
| <input type="checkbox"/> 1 small green cabbage | <input type="checkbox"/> 1 jalapeno chili pepper   |
| <input type="checkbox"/> 6 large tomatoes      | <input type="checkbox"/> 2 pounds poblano peppers  |
| <input type="checkbox"/> 1 pound cucumbers     | <input type="checkbox"/> 1 tsp fresh tarragon      |
| <input type="checkbox"/> 1 zucchini            | <input type="checkbox"/> 1/8 tsp fresh thyme       |
| <input type="checkbox"/> 1 1/4 pound snow peas | <input type="checkbox"/> 1/8 tsp fresh rosemary    |

- 1/8 tsp fresh oregano
- 4 Tbsp fresh basil
- 1 bunch fresh parsley
- 1 tsp fresh chervil
- 1 tsp fresh chives
- 1 cup whole cilantro leaves
- 1/2 pound wax beans
- 1/3 pound collard greens
- 1/3 pound mustard greens
- 1/3 pound turnip greens
- 196 grams firm tofu

### Dried Fruits and Vegetables

- 1/2 pound pitted dates
- 2 Tbsp raisins
- 1/8 cup golden raisins
- 1/4 cup dried apricots
- 1/8 cup dried figs

### Canned Fruits, Vegetables and Juices

- 2 Tbsp lemon juice
- 1/2 cup lime juice
- 1 3/4 cup pomegranate juice
- 2/3 cup peach nectar
- 1 cup apricot nectar
- 32 ounces V-8 vegetable juice with no added salt
- 1/8 pint kalamata olives
- 1 Tbsp olives
- 1 green olive
- 2 Tbsp capers
- 5 ounce can water chestnuts
- 4 ounce can chili peppers
- 21 fluid ounces can crushed tomatoes

## Baking

- 6 cups flour
- 1/4 cup whole wheat flour
- 1 Tbsp wheat bran
- 1/2 cup wheat germ
- 1 cup sugar
- 3/4 cup brown sugar
- 1/2 cup baking soda
- 1 1/2 tsp vanilla extract
- 1 tsp almond extract
- 5 grams vanilla beans
- 6 Tbsp coca powder
- 1 Tbsp kosher salt
- 2 packages active dry yeast
- 1 Tbsp arrowroot powder

## Cooking Oils & Shortening

- 1/4 cup vegetable oil
- 1 1/4 cup extra virgin olive oil
- 1/4 cup almond oil

## Herbs, Spices & Seasonings

- 1/8 tsp cayenne pepper
- 3 Tbsp chili powder
- 1/4 plus 1 Tbsp cup dried chives
- 1 Tbsp coriander
- 1 1/2 Tbsp cumin
- 2 tsp curry powder
- 2 Tbsp dried dillweed
- 4 tsp garlic powder
- 2 1/2 tsp lemon pepper
- 1 1/2 tsp marjoram
- 2 tsp mustard powder
- 1/2 tsp Old Bay Seafood seasoning
- 3/8 tsp onion powder
- 1/2 tsp oregano
- 2 Tbsp paprika

- 1 tsp black peppercorns
- 1/4 tsp white pepper
- 1 1/2 tsp poultry seasoning
- 1/4 tsp paprika
- 1 tsp red pepper flakes
- 1/16 tsp saffron threads
- 1 1/2 tsp sage
- 1 tsp tumeric
- 1 tsp thyme
- 1 tsp nutmeg
- 2 tsp cinnamon
- 3 tsp kosher salt

### Condiments

- 4 Tbsp mayonnaise
- 4 Tbsp Vegenaise
- 2 Tbsp brown mustard
- 4 Tbsp cider vinegar
- 2 Tbsp rice wine vinegar
- 3 Tbsp raspberry vinegar
- 2 Tbsp balsamic vinegar
- 1 tsp Tabasco sauce
- 1/3 cup A-1 Steak Sauce
- 1/4 cup barbeque sauce

### Jams, Jellies & Spreads

- 6 Tbsp Earth Balance brand almond butter
- 8 Tbsp all-fruit strawberry spread
- 2 tsp agave nectar

### Soups & Gravies

- 4 cups Amy's Soups, Organic Cream of Tomato
- 2 cups condensed chicken broth
- 1/2 cup Wolfgang Puck All Natural Chicken Stock

## Beans & Rice

- 1/2 cup wild rice
- 2 cups medium-grain brown rice
- 1/2 cup mung beans, dry
- 1 cup dried Cannellini beans

## Nuts & Seeds

- 2 1/4 cups toasted almonds
- 3/4 cup walnuts
- 1/4 cup hazelnuts
- 1/4 cup flax seeds
- 1/4 cup sunflower seeds
- 1/4 cup roasted whole pumpkinseeds
- 1 Tbsp sesame seeds
- 1 cup almond milk

## Snack Foods

- 56 grams shortbread cookies
- 4 crackers
- 4 gluten-free Barkat ice cream cones

## Breads, Cereals & Grains

- 8 slices bread
- 14 slices whole wheat bread
- 1 slice white bread
- 8 slices sourdough bread
- 8 slices rye bread
- 4 slices toast or bread to toast
- 4 multi-grain pita pockets
- 2 1/4 Tbsp bread crumbs
- 4 Oroweat multi-grain Sandwich Things rolls
- 4 Thomas' Better Start Light Multi-Grain English Muffins
- 8 wheat low-carb, high-fiber tortilla wraps
- 1 Tbsp rolled oats
- 1/2 cup quick cooking oats
- 1 cup muesli

- 1 3/4 cup sorghum
- 1/2 cup potato starch
- 1/4 cup tapioca starch
- 1 tsp xanthan gum
- 1/4 cup miso

### Pastas & Sauces

- 1 can tomato paste
- 8 Tbsp marinara sauce
- 12 ounces whole wheat pasta

### Dairy & Dairy Substitutes

- 5 cups milk
- 1 3/4 cup 2% low-fat milk
- 1/2 cup half and half
- 1/2 cup whipping cream
- 3 1/4 cups yogurt
- 1/2 cup sour cream
- 1 cup dry curd cottage cheese
- 44 eggs
- 1 tsp Bob's Red Mill egg replacer
- 9 Tbsp butter
- 1/4 ounce margarine
- 1 slice American cheese
- 1/4 cup Monterey jack cheese
- 4 slices provolone cheese
- 4 cups shredded part skim mozzarella cheese
- 4 ounces fat-free cream cheese
- 3/4 cup goat cheese
- 1 eight-ounce tube reduced-fat crescent rolls
- 60 grams silken Tofu

### Frozen Foods

- 1 pint Haagen-Dazs Zesty Lemon Sorbet
- 1 pound frozen blackberries
- 1 1/2 cup frozen corn kernels

1/2 pound frozen sugar snap peas

1 cup frozen peas

### Meat, Poultry, Fish & Seafood

8 ounces deli-style fat-free ham slices

4 skinless chicken breast halves

4 ounces deli-style sliced fat-free turkey

6 chicken thighs

16 slices pepperoni

6 chicken legs

4 slices bacon

8 ounces smoked Chinook salmon

8 turkey sausage links

10 ounces Wild Pink Salmon, skinless & boneless, 5 ounce packages.

2 pounds top round steak

1 pound fresh large shrimp

1 1/8 pound ground beef

1 1/2 pounds cod filets

1 pound pork shoulder roast

1/8 ounce anchovies

1 rack (13 bone portion) pork backribs

### Oriental Food Products

7 Tbsp sesame oil

2 cups Panko bread crumbs

2 Tbsp low-sodium soy sauce

2 Tbsp Mochiko Sweet Rice Flour

6 grams chow mein noodles

1 Tbsp aji-Mirin Sweet Rice Cooking wine

### Specialty Foods

1 1/2 Tbsp Bird's Custard Powder

2 Tbsp Bird's Custard Powder

## Liquor

- 4 1/2 Tbsp brandy
- 1/2 cup white wine
- 2 1/2 Tbsp dry sherry

