

IN THE KITCHEN WITH



Spring Shopping List

WEEK TWO

Fruit and Veggies:

2 Whole Tomatoes
Grape Tomatoes
4 Green Tomatoes if you can find them
(substitute red otherwise)
Arugula
Garlic
6 Lemons
4 Shallots
White and Cremini Mushrooms
Broccoli
2 Asparagus
Chives
Basil
Parsley
Green Cabbage
Carrots
2 Sweet Onions
2 Green Apples
Strawberries
Melon
Romaine Lettuce
(2) Bell peppers

Frozen Veggies:

Mixed Berries

Dairy:

Milk
Butter
Eggs
Blue Cheese
Buttermilk Ranch Dressing (Simply Dressed)
Parmesan Cheese
Almond Milk
Orange Juice
Meat

Pancetta or Bacon

4lb Flank Steak

Large Pack of Chicken Breast (at least 6)

1 Pork Tenderloin

Sausage

Frozen Shrimp (Large, unpeeled and raw)

Deli:

1lb Ham

Misc/Pantry Staples:

Truffle Oil

Teriyaki Sauce

15 oz. crushed tomatoes

Caesar Dressing

Walnuts

Chicken Broth

Whey Protein Powder (Vanilla recommended)

Corn Starch

Spicy Brown Mustard

Brown Sugar

Flour

Corn Meal

Olive Oil

Dijon Mustard

Red Pepper Flakes

Sugar

Cinnamon

Vanilla Extract

Balsamic Ving.

Sherry Ving.

Rice Wine Ving.

Red Wine Ving.

Sesame Oil

Canola Oil

Sesame Marinade