



Shopping List

(M) Mimi's Chicken & Dumplings (T) Broiled Fish 'n' Leeks with Carrots (W) Mushroom Soup with Shaved Fennel Salad (Th) Chicken Fricassee (F) Lemon Fennel Risotto

Meat / Seafood	Quantity	Notes
Whole chicken, 3-1/2 pounds	1	
chicken thighs, boneless, skinless	1 pound	
white fish fillets, 1" thick	4	

Vegetables & Fruit	Quantity	Notes
celery stalks	4	
carrots	8	
onion, medium	1	
fresh flat leaf parsley	1/4 bunch	
fresh thyme leaves	3 Tablespoons	
shallots, medium	6	
leeks, medium	4	
lemons	3	
dried porcini mushrooms	1/2 ounce	
white button mushrooms	3 pounds	
fennel bulbs	2 small	

Dairy	Quantity	Notes
egg, large	1	
unsalted butter	4 Tablespoons	
heavy cream	1 cup + 2 Tbsp	
parmesan cheese, grated	1 cup	

Bakery/Misc	Quantity	Notes
whole wheat baguette	1	
white wine	1-3/4 cups	pinot grigio or sauvignon blanc
arborio rice	2 cups	

Pantry Essentials	Quantity	Pantry Essentials	Quantity
olive oil	1 cup	baking powder	1 teaspoon
grapeseed oil		herbes de provence	
balsamic vinegar		ground cumin	2-1/4 teaspoons
white wine vinegar	2 teaspoons	raw honey or 100% maple syrup	
chicken or veggie broth: low sodium	13-14 cups	organic tomato paste	
garlic	11 cloves	Dijon mustard or brown mustard	
kosher salt	4-1/2 teaspoons	soy sauce or Braggs liquid amino acid	
black pepper	2-1/2 teaspoons	whole grain pasta	
cayenne pepper	1/8 teaspoon	long grain brown rice (dry)	
paprika		whole wheat flour	1-1/2 cups + 1 T.