



# Shopping List

(M) Aunt Judy's Brisket with Roasted Potatoes (T) Ratatouille Halibut with Basil Couscous (W) Braised-Beef Skillet Lasagna with Green Salad (Th) Split Pea & Ham Soup with Crunchy Fall Salad (F) Eggplant Caponata Penne

Meat / Seafood	Quantity	Notes	
beef brisket	4 pounds		
halibut fillets	1-1/4 pounds	or any thick white-fleshed fish	
lean ham	1 pound	about a 1" thick slice from the deli	

Vegetables & Fruit	Quantity	Notes	
yellow onions, medium	4		
new potatoes	2 pounds		
zucchini	1		
eggplant	1 pound	plus one eggplant	
red bell peppers	3		
lemon	1/2		
red leaf lettuce	2 heads		
carrots, medium	3		
celery stalks	2		
fresh thyme leaves	1/4 bunch		
fresh basil	1/2 bunch		

Dairy	Quantity	Notes	
part skim ricotta	1-1/2 cups		
mozzarella cheese, shredded	1 cup		

Bakery/Misc	Quantity	Notes	
dried split peas	2 cups		
diced tomatoes	2 cans	15 ounces each	
hazelnuts	1/3 cup		
whole wheat couscous	1 cup		

Pantry Essentials	Quantity	Pantry Essentials	Quantity
olive oil	1/2 cup 2 Tblspns	dried oregano	2 Tbl + 2 tsp
grapeseed oil	3 Tablespoons	herbes de provence	
balsamic vinegar	2 Tablespoons	ground cumin	
white wine vinegar		raw honey or 100% maple syrup	
chicken or veggie broth: low sodium	5 cups	organic tomato paste	6 ounces
garlic	11 cloves	Dijon mustard or brown mustard	
kosher salt	4 teaspoons	soy sauce or Braggs liquid amino acid	
black pepper	2-1/4 teaspoons	whole grain pasta	16 oz *
cayenne pepper		long grain brown rice (dry)	
paprika (sweet Hungarian)	1/4 teaspoon	whole wheat flour	

\* 8 oz whole wheat penne & 8 oz whole wheat lasagna noodles