



Cookbook Summer Week #3
Shopping List

(M) Rib-Eye & Grilled Chili Rellenos (T) Fish Tacos with Limeade (W) Balsamic Zucchini-Ricotta Rolls with Brown Rice & Corn (Th) Asian Beef Salad (F) Roasted Vegetable Pasta Primavera

Meat / Seafood	Quantity	Notes	
bone-in ribeye steaks	2-1/2 pounds		
fish fillets, skinless	1-1/4 pounds	any variety, 1" thick	

Vegetables & Fruit	Quantity	Notes	
red onion	1		
fresh ginger	1" - 2" piece		
bibb lettuce	1 head		
radishes	8		
fresh basil	1/2 bunch		
fresh mint	1/2 bunch		
fresh cilantro	1/2 bunch		
zucchini, medium	6		
corn in husk	10 ears		
lemon	1		
limes	11		
tomatoes, medium	2		
poblano chilis	4		
avocado	1		

Dairy	Quantity	Notes	
ricotta cheese	1 cup		
greek yogurt, low-fat, plain	1 cup		
Monterey Jack cheese, sliced	6 slices		

Bakery/Misc	Quantity	Notes	
corn tortillas, 6"	8		
cannellini beans	2 cans	15 ounces each	

Pantry Essentials	Quantity	Pantry Essentials	Quantity
olive oil	3 Tablespoons	dried oregano	
* sesame oil *	1-1/2 Tablespoons	herbes de provence	
balsamic vinegar	1/2 cup	ground cumin	1/2 teaspoon
* rice wine * vinegar	2 Tablespoons	raw honey or 100% maple syrup	1 Tblsp + 1/2 cup
chicken or veggie broth: low sodium		organic tomato paste	
garlic	4 cloves	Dijon mustard or brown mustard	
kosher salt	2-1/4 teaspoons	soy sauce or Braggs liquid amino acid	1-1/2 Tablespoons
black pepper	1-1/4 teaspoons	whole grain spaghetti or linguini	12 ounces
cayenne pepper		long grain brown rice (dry)	2-1/2 cups
paprika *	1 teaspoon	whole wheat flour	

* sweet Hungarian paprika if you have it