



Shopping List

(M) Crock Pot Roast with Braised Carrots/Parsnips (T) Maple Soy Salmon with Bok Choy & Brown Rice (W) Vegetable Minestrone (Th) Spicy Beef Farfalle (F) Fancy Franks & Beans

Meat / Seafood	Quantity	Notes
beef chuck roast, boneless	1	2-1/2 to 3-1/2 pounds
salmon fillets	4	about 1-1/4 pounds
chicken or Italian turkey sausage links	1-1/2 pounds	

Vegetables & Fruit	Quantity	Notes
carrots, medium	8	
parsnips, medium	5	
baby bok choy	2 pounds	
grape or cherry tomatoes	2 pints	
yellow onions, medium	3-1/2	
celery stalks	4	
fresh sage leaves	6	
zucchini, medium	2	
yellow summer squash, medium	2	
fresh red Thai chile peppers	2 small	
cucumbers, medium	2	
fresh ginger	1" piece	

Dairy	Quantity	Notes
parmesan cheese, grated	1 cup	plus 3" parmesan rind

Bakery/Misc	Quantity	Notes
cannellini beans	4 cans	14 ounces each

Pantry Essentials	Quantity	Pantry Essentials	Quantity
olive oil	6 Tablespoons	dried oregano	1 teaspoon
grapeseed oil	3 Tablespoons	herbes de provence	
balsamic vinegar	1 Tablespoon	ground cumin	1-1/2 teaspoons
white wine vinegar		raw honey or 100% maple syrup	1/2 cup
chicken or veggie broth: low sodium	14 cups	organic tomato paste	6 ounces
garlic	4 cloves	Dijon mustard or brown mustard	
kosher salt	4 teaspoons	soy sauce or Braggs liquid amino acid	1/4 cup
black pepper	2-1/4 teaspoons	whole grain farfalle	1 pound
cayenne pepper	3/4 teaspoon	long grain brown rice (dry)	1 cup
paprika (sweet Hungarian)	1/2 teaspoon	whole wheat flour	