



COOKBOOK Winter Week #3
Shopping List

(M) Turkey Chili (T) Shrimp & Grits (W) French Onion Soup with Cesar Salad (Th) Turkey Meatballs with Gravy & Brussels Sprouts (F) Winter Steak with Carmelized Onions & Garlic Mushrooms

| Meat / Seafood | Quantity | Notes | |
|--------------------------|--------------|-----------------------------|--|
| lean ground turkey | 2-1/2 pounds | | |
| medium shrimp | 1 pound | | |
| New York steak, boneless | 2 steaks | 1-1/4 to 1-1/2 pounds total | |

| Vegetables & Fruit | Quantity | Notes | |
|-------------------------|---------------|-------------------|--|
| romaine lettuce | 1 head | | |
| onions, large | 6 | | |
| fresh thyme | 1 small bunch | | |
| fresh flat leaf parsley | 1 small bunch | | |
| Roma tomatoes | 1 pound | | |
| bell pepper | 1 | | |
| poblano chile peppers | 2 | | |
| mushrooms | 16 ounces | button or cremini | |
| lemon | 1 | | |
| Brussels sprouts | 1/2 pound | | |

| Dairy | Quantity | Notes | |
|-----------------|---------------|-------|--|
| eggs, large | 1 | | |
| 2% milk | 3 cups | | |
| unsalted butter | 4 Tablespoons | | |
| parmesan cheese | 1-3/4 cups | | |

| Bakery/Misc | Quantity | Notes | |
|----------------------|----------|-----------------|--|
| cannellini beans | 2 cans | 15 oz cans | |
| yellow cornmeal | 1 cup | medium - coarse | |
| white wine | 1 cup | | |
| whole wheat baguette | 1 | | |

| Pantry Essentials | Quantity | Pantry Essentials | Quantity |
|-------------------------------------|-----------------|---------------------------------------|---------------|
| olive oil | 6 Tablespoons | dried oregano | 1/2 teaspoon |
| grapeseed oil | 3 Tablespoons | herbes de provence | 1 Tablespoon |
| balsamic vinegar | | ground cumin | 1/2 teaspoon |
| white wine vinegar | | raw honey or 100% maple syrup | |
| chicken or veggie broth: low sodium | 12 cups | organic tomato paste | |
| garlic | 10 cloves | Dijon mustard or brown mustard | |
| kosher salt | 5 teaspoons | soy sauce or Braggs liquid amino acid | |
| black pepper | 3-1/4 teaspoons | whole grain pasta | |
| cayenne pepper | 1/2 teaspoon | long grain brown rice (dry) | |
| paprika | | whole wheat flour | 3 Tablespoons |