



Shopping List

(M) Brick Chicken with Collard Greens (T) Chimichurri Fish with Fennel & Potatoes (W) Butternut Bisque with Pear & Walnut Salad (Th) Arroz con Pollo with Fennel & Peppers (F) Croque Mama with Collard Salad

Meat / Seafood	Quantity	Notes
whole chicken, 3-1/2 to 4 pounds	1	
chicken thighs, boneless, skinless	1-1/2 pounds	
black forest ham, thinly sliced	1 pound	
tilapia fillets	1 pound	

Vegetables & Fruit	Quantity	Notes
collard greens	3 bunches	
red leaf lettuce	1 head	
large russet potatoes	4	about 2 pounds
fresh flat leaf parsley	1/4 bunch	
fennel bulb, medium	1	
red bell pepper	1	
green bell pepper	1	
sweet onion	1	
butternut squash, medium	2	
Bosc pears	4	
fresh sage leaves	8	

Dairy	Quantity	Notes
unsalted butter	2 Tablespoons	
2% milk	1 cup	
Gruyere cheese	6 ounces	

Bakery/Misc	Quantity	Notes
walnuts	1/4 cup	
whole wheat baguette	1	

Pantry Essentials	Quantity	Pantry Essentials	Quantity
olive oil	1-1/4 cups	dried oregano	1 teaspoon
grapeseed oil	3 Tablespoons	herbes de provence	2 teaspoons
balsamic vinegar	1 Tablespoon	ground cumin	1-1/2 teaspoons
white wine vinegar	7 Tablespoons	red pepper flakes	1 tsp + pinch
chicken or veggie broth: low sodium	7-8 cups	organic tomato paste	heaping Tblspn
garlic	4 cloves	Dijon mustard or brown mustard	2 Tablespoons
kosher salt	2 Tablespoons	soy sauce or Braggs liquid amino acid	
black pepper	4 teaspoons	whole grain pasta	
cayenne pepper	1/2 teaspoon	long grain brown rice (dry)	2 cups
paprika (sweet Hungarian)	1-3/4 teaspoons	whole wheat flour	