



# Shopping List

(M) Pork Chops with Crispy Kale & Farro (T) Balsamic-Poached Salmon with Asparagus & Couscous (W) Skirt Steak with Goat Cheese & Kale Salad (Th) Apple & Leek Soup with Pork Quesadillas (F) Spinach Strata

Meat / Seafood	Quantity	Notes
pork chops, bone-in	6	
salmon fillets, skin on	4	about 5 ounces each
skirt steak	1-1/2 pounds	

Vegetables & Fruit	Quantity	Notes
onion, medium	1	
leeks	2	
kale	4 bunches	
asparagus	1 pound	
baby spinach	4 cups	
lemons	2	
granny smith apples	4	

Dairy	Quantity	Notes
eggs, large	8	
white cheddar cheese, grated	1 cup	
goat cheese	5 ounces	

Bakery/Misc	Quantity	Notes
whole wheat tortillas	4	
whole wheat bakery rolls	2	
farro, dry	1 cup	
couscous, dry	2 cups	
sweet Hungarian paprika	1/2 teaspoon	can substitute regular paprika

Pantry Essentials	Quantity	Pantry Essentials	Quantity
olive oil	9 Tbsp + 1/4 cup	dried oregano	2 teaspoons
grapeseed oil	1 teaspoon	herbes de provence	
balsamic vinegar	1/2 cup	ground cumin	
white wine vinegar		raw honey or 100% maple syrup	
chicken or veggie broth: low sodium	6 cups	organic tomato paste	
garlic	4 cloves	Dijon mustard or brown mustard	1 teaspoon
kosher salt	5-1/4 teaspoons	soy sauce or Braggs liquid amino acid	
black pepper	2 teaspoons	whole grain pasta	
cayenne pepper		long grain brown rice (dry)	
paprika		whole wheat flour	