



Spring Week Three

# Shopping List

(M) Red Beans & Quinoa (T) Cucumber Carpaccio & Mint Quinoa Salad (W) Swiss Chard Frittata with Pinto Beans (Th) Asian Noodle Soup (F) Radish-Butter Flatbread with Steamed Artichokes

Vegetables & Fruit	Quantity	Notes
onions, medium	2-1/4	
fresh flat leaf parsley	1 bunch	
fresh mint	1 bunch	
cucumbers, medium	2	
red radishes	2 bunches	about 16-20 radishes
swiss chard	1 bunch	
fresh ginger	4 - 3" pieces	
fresh Thai chili peppers	2	or small red chiles or serranos
snow peas	4 cups	
artichokes	4	
lime	1	

Dairy	Quantity	Notes
eggs, large	6	
unsalted butter	3 Tablespoons	
parmesan cheese, grated	1/4 cup	
feta cheese, crumbled	1/4 cup	

Bakery/Misc	Quantity	Notes
pinto beans	3 cans	15 oz each
thin rice noodles	4 ounces	in the Asian section of the store
whole wheat pitas	4	
red quinoa, dry	3-1/4 cups	
sesame oil	1 Tablespoon	

Pantry Essentials	Quantity	Pantry Essentials	Quantity
olive oil	3 Tablespoons	dried oregano	
grapeseed oil	3 Tablespoons	herbes de provence	
* rice wine* vinegar	1 Tablespoon	ground cumin	
white wine vinegar	1 Tbsp + 1 tsp	raw honey or 100% maple syrup	
Vegetable broth, low sodium	7 cups	organic tomato paste	
garlic	5 cloves	Dijon mustard or brown mustard	
kosher salt	1-3/4 teaspoons	soy sauce or Braggs liquid amino acid	2 Tablespoons
black pepper	1-1/4 teaspoons	whole grain pasta	
cayenne pepper	3/4 teaspoon	long grain brown rice (dry)	
paprika		whole wheat flour	