

YOU NEED:


Baked goods:

- Dry bread crumbs (½ cup)
- Whole-grain bread (One 12- to 16-ounce loaf)
- 🍞 Sandwich buns (4)
- 🍞 Submarine rolls (4)

Dairy:

- Eggs (8 extra-large)
- Cream cheese (1 cup)
- Milk (¼ cup)
- Unsalted butter (4 tablespoons)
- Parmesan cheese, grated (¼ cup)
- 🍷 Cheddar cheese, shredded (1½ cups)

Meat and Alternatives:

- Italian sausage (1¼ pounds [ including ¼ pound for Second Supper])
- Beef tenderloin grilling steaks (four 4- to 6-ounce)
- 🍷 Boneless skinless chicken breasts (four 4- to 6-ounce)

Produce:

- Onion (1)
- Mixed greens (10-ounce package)
- Asparagus (1½ pounds)
- Lemon (½)
- Garlic (6 cloves)
- Green bell peppers (2)
- Navel oranges (4)
- 🍷 Prewashed baby spinach (8-ounce package)
- 🍷 Green beans or yellow (wax) beans (3 cups)

- 🍷 Broccoli (2 heads [or 3 cups frozen])
- 🍷 Chinese vermicelli egg noodles (8-ounce package)

Frozen Foods:

- Phyllo pastry (4 sheets)
- Frozen broccoli (1 cup, or 4 cups frozen if not using fresh)
- Chicken stock (3 cups)

CHECK YOUR PANTRY FOR:

Condiments and Dressings:

- Low-sodium soy sauce (½ cup)
- 🍷 Red wine vinegar (1 tablespoon)
- 🍷 Honey mustard (1 tablespoon)

Cooking Oils:

- Canola oil (1 tablespoon)
- Olive oil (2 tablespoons)

Pastas and Tomato Products:

- Canned tomatoes (two 19-ounce cans)
- Tomato sauce (two 19-ounce cans)

Canned Beans and Soup Broths:

- Beef stock (2 cups)
- Red kidney beans (two 19-ounce cans)
- 🍷 Sauerkraut (19-ounce can)

Spices and Seasonings:


- Dried oregano (1 teaspoon)
- Ground ginger (4 teaspoons)
- Italian herb seasoning (2 teaspoons)
- Ground cardamom (2 teaspoons)

KEY: 🍷 denotes Second Supper or Grab & Go Lunch items

Grains:

- Pot barley (1 cup)

Juices:

-  Orange juice (4 single-serving boxes)


Wine and Beer:

- Dry red wine (1 cup) (optional)

Dry Goods:

- Mini foil pie pans (6)
- Large zip-top freezer bags (2)

Notes:

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