









YOU NEED:


Baked goods:

- Dry bread crumbs ($\frac{3}{4}$ cup)
-  Whole-grain bread (1 loaf)
-  Whole wheat tortillas (eight 10-inch)
-  Whole wheat crackers (8 ounce package)

Dairy:







- Parmesan cheese, grated (2 tablespoons)
- Plain low-fat yogurt (4 ounces)
-  Fruity low-fat yogurt (4 single-serving tubs)
-  Mango-flavored yogurt drink
-  Mozzarella cheese, grated (1 cup)

Meat and Alternatives:

- Cooked bacon (3 slices) (optional)
-  Boneless skinless chicken breasts (1 pound)

Produce:

- Silken tofu ($2\frac{1}{2}$ cups)
- Lemon juice ($\frac{3}{4}$ cup)
- Grated lemon rind (1 teaspoon)
- Red potatoes (2)
- Carrots (4)
- Green bell pepper ($\frac{1}{2}$)
- Red bell peppers ($1\frac{1}{2}$)
- Celery (2 stalks)
- Romaine lettuce (2 heads)
- Gingerroot (2 tablespoons)
- Garlic (9 cloves)
- Leek (1)
- Onions (3)
- Fresh parsley, finely chopped (2 tablespoons)


- Bean sprouts (4 cups)
-  Snow peas (2 cups)
-  Mango or peach (1)
-  Firm tofu (1 cup)
-  Mixed greens (6 cups)
-  Avocado (1)
-  Red Delicious apples (2)

Frozen Foods:

- Frozen shrimp, medium-size raw, peeled (2 pounds)
- Frozen peas (1 cup)
- Frozen corn niblets (1 cup)
- Vegetable stock (8 cups)

CHECK YOUR PANTRY FOR:

Condiments and Dressings:


- Mashed anchovies or anchovy paste (1 teaspoon)
- Pesto sauce (6 tablespoons)
- Worcestershire sauce (2 dashes)
- Tabasco sauce (2 dashes)
- Lime juice (4 dashes)
- White wine vinegar (1 tablespoon)
- Low-sodium soy sauce ($\frac{1}{4}$ cup)
- Rice wine vinegar (2 tablespoons)
-  Barbecue sauce ($\frac{1}{4}$ cup)

Cooking Oils:

- Extra-virgin olive oil (1 tablespoon)
- Olive oil (4 teaspoons)
- Canola oil (2 teaspoons)
- Vegetable oil cooking spray
- Toasted sesame oil ($\frac{1}{3}$ cup)

KEY:  denotes Second Supper or Grab & Go Lunch items

Pastas and Tomato Products:

- Tomato or V-8 juice (2 cups)
- Canned, chopped stewed tomatoes (3 cups)
- Egg noodles (4 cups dried)
-  Salsa (4 tablespoons)



Canned Beans and Soup Broths:

- Mixed beans (19-ounce can)
- Vegetable stock (3 cups)


Baking Products:

- Molasses (3 tablespoons)

Spices and Seasonings:

- Dried oregano (2 to 3 tablespoons)
- Poppy seeds (2 tablespoons)
- Curry Powder (1 tablespoon)
-  Garlic powder (1 teaspoon)
-  Dried chile peppers (1 teaspoon)

Snack Foods:

-  Smoked almonds (6 ounces)

Legumes:

- Red lentils (2¹/₄ cups dried)

Notes:

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