

THE DISH LIST WEEK 2

INGREDIENTS FOR THIS WEEK'S RECIPES

PRODUCE

- ☐ 1 small Eggplant
- ☐ 1 small Zucchini
- ☐ 1 small White Onion
- ☐ 1 pkg. (8 oz.) Mushrooms
- ☐ 1 Bell Pepper
- ☐ 1 head Garlic
- ☐ 1 pint Cherry Tomatoes
- ☐ 1 bunch Scallions
- ☐ 1 bag (4 oz.) Sugar Snap Peas*
- ☐ 1 bunch Cilantro
- ☐ 1 bunch Parsley
- ☐ 1 small Red Onion
- ☐ 1 Lemon

DAIRY

- ☐ 1 pkg. (6 oz.) Grated Parmesan
- ☐ 1 btl. (16 oz.) Orange Juice
- ☐ 1 cntr. Lowfat Feta Cheese Crumbles
- ☐ 1 pkg. (8 oz.) Shredded Mozzarella

DELI

- ☐ 1 pkg. Polenta

GROCERY

- ☐ Olive Oil
- ☐ Balsamic Vinegar
- ☐ Italian Seasoning
- ☐ Dry White Wine
- ☐ Dried Thyme
- ☐ Low Sodium Soy Sauce
- ☐ Ground Ginger
- ☐ Honey
- ☐ 1 pkg. Basmati Rice*
- ☐ 1 jar Kalamata Olives
- ☐ 1 pkg. Whole Wheat Tortillas
- ☐ 1 jar Marinara Sauce

MARKET

- ☐ 1½ lbs. Boneless Skinless Chicken Breast
- ☐ 1 lb. Pork Chops

SEAFOOD

- ☐ 1 lb. Salmon
- ☐ 1 lb. Ahi Tuna Steaks