

THE DISH LIST WEEK 3

INGREDIENTS FOR THIS WEEK'S RECIPES

PRODUCE

- ☐ 1 head Garlic
- ☐ 1 head Cauliflower
- ☐ 1 Onion
- ☐ 1 pkg. Carrots
- ☐ 1 bunch Parsnips
- ☐ 1 head Celery
- ☐ 1 pkg. (8 oz.) Sliced Mushrooms
- ☐ 1 pkg. Asian Cabbage Blend
- ☐ 1 bunch Cilantro
- ☐ 1 pkg. (4 oz.) Snow Peas
- ☐ 1 bunch Green Onions
- ☐ 2 Lemons

DAIRY

- ☐ 1 pkg. (6 oz.) Grated Parmesan
- ☐ 1 cntr. (5 oz.) H-E-B Greek Yogurt
- ☐ 1 dozen Eggs
- ☐ Skim Milk
- ☐ 1 pkg. (8 oz.) 2% Shredded Cheddar Cheese
- ☐ 1 pkg. Refrigerated 9" Pie Crust

FROZEN

- ☐ 1 pkg. Peas
- ☐ 1 pkg. Corn
- ☐ 1 pkg. (20 oz.) Cheese Ravioli
- ☐ 1 lb. Spinach

DELI

- ☐ 2 oz. Low Sodium Ham

GROCERY

- ☐ 1 pkg. (13.25 oz.) Whole Wheat Spaghetti
- ☐ 1 pkg. (8 oz.) Spaghetti
- ☐ Dried Sage
- ☐ 1 small pkg. Smoked Almonds
- ☐ Olive Oil
- ☐ Dried Thyme
- ☐ Garlic Powder
- ☐ 3 ctns. (32 oz.) Low Sodium Chicken Broth
- ☐ 1 jar (16 oz.) Marinara Sauce
- ☐ 1 jar Szechuan Stir-Fry Sauce

- ☐ Ground Ginger
- ☐ 1 pkg. Bay Leaves
- ☐ Non-Stick Cooking Spray

MARKET

- ☐ 4 lbs. Boneless Skinless Chicken Breast
- ☐ 1 lb. Lean Ground Beef

SEAFOOD

- ☐ ¾ lb. Peeled & Deveined Shrimp