

Collection

Recipes

2	Oeuf au Poivre Rôti	
10	MM Veggie Chili	
4	Sheet Pan Parmesan Chicken with Broccoli and Yams	
3 days	MM - Recipe for Success	
2	Tuna Salad Wraps with Apple	
4	Lemon Ricotta Handkerchief Ravioli with Spinach and Mushrooms	
6	Zucchini Basil Quiche Gems	

Shopping List

Butcher

☐ chicken breasts 2

Dairy

☐ hard-boiled egg 1
☐ large egg 1
☐ large eggs 8
1 dozen
☐ large eggs -- beaten 2

Deli

☐ grated Parmesan cheese 0.50 cup
5 tbsp

Frozen

☐ square wonton wrappers 16

Grocery

☐ apple cider vinegar	1 tbsp
☐ artichoke hearts	2 cans
☐ black beans	2 cans
☐ can water-packed tuna	7 oz
☐ canola cooking spray	
☐ capers	1 bottle
☐ cayenne	0.25 tsp
☐ chili powder	2 tbsp
	0.50 tsp
☐ Dijon mustard	1 bottle
☐ dried basil	1 tsp
☐ dried oregano	1 tsp
☐ extra-virgin olive oil	5 tbsp
☐ firmly cooked black beans	3 cups
☐ freshly ground black pepper	0.75 tsp
☐ garlic powder	1 tsp
☐ ground cumin	1 tbsp
☐ kosher salt	4.70 tsp
☐ Kosher salt and freshly ground black pep per	
☐ panko	1.50 cups
☐ paprika	0.50 tsp
☐ pimenton del la vera	0.25 tsp
☐ poultry seasoning	0.50 tsp
☐ red wine vinegar	1
☐ rice wine vinegar	1
☐ salsa	1 jar
☐ sambal	1.50 tsp
☐ silken tofu	1 package
☐ tomato sauce	4 tbsp
	16.50 oz can
☐ tuna	1 can
☐ vegetable stock	1 cup
☐ vinegar or water-packed capers	1 tbsp
☐ white wine vinegar	1

Other Recipe

☐ fresh whole milk ricotta	0.75 cup
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Produce

☐ red leaf lettuce / spinach / chard / kale	1
☐ Cucumber	1
☐ cherry tomatoes	1 pt
☐ apple	1
☐ apples	2
☐ baby spinach	10 oz
☐ bananas	1 bunch
☐ blueberries	1 pt
☐ broccoli florets and peeled stems -- cut i nto 1-inch pieces	7 cups
☐ carrot	1 bunch
☐ celery	1

☐ chickpeas	2 cans
☐ chopped red bell peppers	1 cup
☐ chopped scallions	
☐ chopped yellow onions	1.50 cups
☐ cilantro leaves	
☐ clementines	1 bag
☐ corn kernels	2 cups
☐ diced cherry tomatoes	0.50 cup
☐ finely chopped fresh basil	0.25 cup
☐ finely chopped red onion	0.25 cup
☐ finely diced mushroom	0.50 cup
☐ finely minced red onion	0.50 cup
☐ fresh lemon juice	2 tbsp
☐ garlic	1.50 tbsp
	3 cloves
☐ garlic -- minced	2 cloves
☐ garnet yams -- each cut into 8 wedges	2
☐ herbs for salads and egg dishes (cilantro, basil, tarragon, chives)	1
☐ large green or red lettuce leaves	4
☐ large tomatoes	4
☐ lemon wedges for garnish	
☐ lemon zest	0.50 tsp
☐ MM - green vegetables for roasting	1
☐ mango	1
☐ medium zucchini	2
☐ medium-sized bell peppers	2
☐ medium-sized zucchini	1
☐ minced basil	2 tbsp
☐ minced basil leaves	0.25 cup
☐ minced red onion	1 tbsp
☐ oranges -	2
☐ portabello mushroom caps	1.50 lb
☐ raspberries	1 pt
☐ red onion	1
☐ seedless red grapes	1
☐ serrano peppers	2
☐ shredded basil leaves	
☐ sliced crimini mushrooms	2 cups
☐ small yellow squash	1
☐ small zucchini	1
☐ whole chicken -- cut into 4 pieces	1
☐ whole lemon -- squeezed.	1