



Grocery Shopping List: Spring Recipes

<p>Meats and Proteins:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 pound chicken breasts <input type="checkbox"/> Parmesan cheese <input type="checkbox"/> 8 ounces part-skim mozzarella <input type="checkbox"/> 4 eggs <input type="checkbox"/> 8 pieces chicken <input type="checkbox"/> 2 15-ounce cans white beans <input type="checkbox"/> 14 ounces white kidney beans <input type="checkbox"/> ½ pound ground veal <input type="checkbox"/> 1 pound ground beef <input type="checkbox"/> 15 ounces kidney beans 	<p>Vegetables/Fruits:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 lime <input type="checkbox"/> 1 mango <input type="checkbox"/> 2 green onions <input type="checkbox"/> 1 head of lettuce <input type="checkbox"/> 1-1/2 pounds asparagus <input type="checkbox"/> 1 shallot <input type="checkbox"/> 3 lemons <input type="checkbox"/> 3 onions <input type="checkbox"/> 8 garlic cloves <input type="checkbox"/> 1 cup cherry tomatoes <input type="checkbox"/> 5 carrots <input type="checkbox"/> 4 ribs celery <input type="checkbox"/> 1 turnip <input type="checkbox"/> 16 ounces canned diced tomatoes <input type="checkbox"/> 2 cups cabbage <input type="checkbox"/> 8 ounces green beans
<p>Liquids:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 tablespoons + 1 teaspoon olive oil <input type="checkbox"/> 1 cup evaporated skim milk <input type="checkbox"/> 2/3 cup Italian dressing <input type="checkbox"/> 6 cups chicken or other broth <input type="checkbox"/> 15 ounces tomato sauce 	<p>Spices:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1/4 teaspoon curry powder <input type="checkbox"/> 1/8 teaspoon cayenne <input type="checkbox"/> 1/3 cup fresh dill <input type="checkbox"/> 1/3 cup fresh basil <input type="checkbox"/> 2 teaspoons dried rosemary <input type="checkbox"/> 1 tablespoon dried parsley flakes <input type="checkbox"/> ½ teaspoon dried oregano
<p>Other:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 tablespoon mango chutney <input type="checkbox"/> 1/4 cup low-fat yogurt <input type="checkbox"/> 1 tablespoon honey <input type="checkbox"/> 1/2 tablespoon mustard <input type="checkbox"/> 1 tablespoon unsalted butter <input type="checkbox"/> 3/4 cup fat free half & half <input type="checkbox"/> ½ pound broccoli rabe <input type="checkbox"/> 5 teaspoons beef bouillon granules 	<p>Grains / Baking:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 8 ounces bow-tie pasta <input type="checkbox"/> 2 teaspoons sugar <input type="checkbox"/> 1 unbaked pastry shell <input type="checkbox"/> 1-1/2 teaspoons cornstarch <input type="checkbox"/> ½ cup dried pasta (any) <input type="checkbox"/> ½ cup whole wheat bread crumbs <input type="checkbox"/> ½ cup macaroni or small pasta