

Grocery Shopping List: Spring Recipes

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Meats and Proteins:	Vegetables/Fruits:
1 pound chicken breasts	1 lime
Parmesan cheese	1 mango
8 ounces part-skim mozzarella	2 green onions
4 eggs	1 head of lettuce
8 pieces chicken	1-1/2 pounds asparagus
2 15-ounce cans white beans	1 shallot
14 ounces white kidney beans	3 lemons
½ pound ground veal	3 onions
1 pound ground beef 15 ounces kidney beans	8 garlic cloves
	1 cup cherry tomatoes
	5 carrots
	4 ribs celery
	1 turnip
	16 ounces canned diced tomatoes
	2 cups cabbage
	8 ounces green beans
Liquids:	Spices:
Liquids: 2 tablespoons + 1 teaspoon olive oil	Spices: 1/4 teaspoon curry powder
2 tablespoons + 1 teaspoon olive oil	1/4 teaspoon curry powder
2 tablespoons + 1 teaspoon olive oil 1 cup evaporated skim milk	1/4 teaspoon curry powder 1/8 teaspoon cayenne
2 tablespoons + 1 teaspoon olive oil 1 cup evaporated skim milk 2/3 cup Italian dressing	1/4 teaspoon curry powder 1/8 teaspoon cayenne 1/3 cup fresh dill
2 tablespoons + 1 teaspoon olive oil 1 cup evaporated skim milk	1/4 teaspoon curry powder 1/8 teaspoon cayenne 1/3 cup fresh dill 1/3 cup fresh basil
2 tablespoons + 1 teaspoon olive oil 1 cup evaporated skim milk 2/3 cup Italian dressing 6 cups chicken or other broth	1/4 teaspoon curry powder 1/8 teaspoon cayenne 1/3 cup fresh dill 1/3 cup fresh basil 2 teaspoons dried rosemary
2 tablespoons + 1 teaspoon olive oil 1 cup evaporated skim milk 2/3 cup Italian dressing 6 cups chicken or other broth	1/4 teaspoon curry powder 1/8 teaspoon cayenne 1/3 cup fresh dill 1/3 cup fresh basil 2 teaspoons dried rosemary 1 tablespoon dried parsley flakes
2 tablespoons + 1 teaspoon olive oil 1 cup evaporated skim milk 2/3 cup Italian dressing 6 cups chicken or other broth 15 ounces tomato sauce	1/4 teaspoon curry powder 1/8 teaspoon cayenne 1/3 cup fresh dill 1/3 cup fresh basil 2 teaspoons dried rosemary 1 tablespoon dried parsley flakes ½ teaspoon dried oregano
2 tablespoons + 1 teaspoon olive oil 1 cup evaporated skim milk 2/3 cup Italian dressing 6 cups chicken or other broth 15 ounces tomato sauce Other:	1/4 teaspoon curry powder 1/8 teaspoon cayenne 1/3 cup fresh dill 1/3 cup fresh basil 2 teaspoons dried rosemary 1 tablespoon dried parsley flakes ½ teaspoon dried oregano Grains / Baking:
2 tablespoons + 1 teaspoon olive oil 1 cup evaporated skim milk 2/3 cup Italian dressing 6 cups chicken or other broth 15 ounces tomato sauce Other: 1 tablespoon mango chutney	1/4 teaspoon curry powder 1/8 teaspoon cayenne 1/3 cup fresh dill 1/3 cup fresh basil 2 teaspoons dried rosemary 1 tablespoon dried parsley flakes 1/2 teaspoon dried oregano Grains / Baking: 8 ounces bow-tie pasta
2 tablespoons + 1 teaspoon olive oil 1 cup evaporated skim milk 2/3 cup Italian dressing 6 cups chicken or other broth 15 ounces tomato sauce Other: 1 tablespoon mango chutney 1/4 cup low-fat yogurt	1/4 teaspoon curry powder 1/8 teaspoon cayenne 1/3 cup fresh dill 1/3 cup fresh basil 2 teaspoons dried rosemary 1 tablespoon dried parsley flakes 1/2 teaspoon dried oregano Grains / Baking: 8 ounces bow-tie pasta 2 teaspoons sugar
2 tablespoons + 1 teaspoon olive oil 1 cup evaporated skim milk 2/3 cup Italian dressing 6 cups chicken or other broth 15 ounces tomato sauce Other: 1 tablespoon mango chutney 1/4 cup low-fat yogurt 1 tablespoon honey	1/4 teaspoon curry powder 1/8 teaspoon cayenne 1/3 cup fresh dill 1/3 cup fresh basil 2 teaspoons dried rosemary 1 tablespoon dried parsley flakes ½ teaspoon dried oregano Grains / Baking: 8 ounces bow-tie pasta 2 teaspoons sugar 1 unbaked pastry shell
2 tablespoons + 1 teaspoon olive oil 1 cup evaporated skim milk 2/3 cup Italian dressing 6 cups chicken or other broth 15 ounces tomato sauce Other: 1 tablespoon mango chutney 1/4 cup low-fat yogurt 1 tablespoon honey 1/2 tablespoon mustard	1/4 teaspoon curry powder 1/8 teaspoon cayenne 1/3 cup fresh dill 1/3 cup fresh basil 2 teaspoons dried rosemary 1 tablespoon dried parsley flakes ½ teaspoon dried oregano Grains / Baking: 8 ounces bow-tie pasta 2 teaspoons sugar 1 unbaked pastry shell 1-1/2 teaspoons cornstarch
2 tablespoons + 1 teaspoon olive oil 1 cup evaporated skim milk 2/3 cup Italian dressing 6 cups chicken or other broth 15 ounces tomato sauce Other: 1 tablespoon mango chutney 1/4 cup low-fat yogurt 1 tablespoon honey 1/2 tablespoon mustard 1 tablespoon unsalted butter	1/4 teaspoon curry powder 1/8 teaspoon cayenne 1/3 cup fresh dill 1/3 cup fresh basil 2 teaspoons dried rosemary 1 tablespoon dried parsley flakes ½ teaspoon dried oregano Grains / Baking: 8 ounces bow-tie pasta 2 teaspoons sugar 1 unbaked pastry shell 1-1/2 teaspoons cornstarch ½ cup dried pasta (any)
2 tablespoons + 1 teaspoon olive oil 1 cup evaporated skim milk 2/3 cup Italian dressing 6 cups chicken or other broth 15 ounces tomato sauce Other: 1 tablespoon mango chutney 1/4 cup low-fat yogurt 1 tablespoon honey 1/2 tablespoon mustard 1 tablespoon unsalted butter 3/4 cup fat free half & half	1/4 teaspoon curry powder 1/8 teaspoon cayenne 1/3 cup fresh dill 1/3 cup fresh basil 2 teaspoons dried rosemary 1 tablespoon dried parsley flakes ½ teaspoon dried oregano Grains / Baking: 8 ounces bow-tie pasta 2 teaspoons sugar 1 unbaked pastry shell 1-1/2 teaspoons cornstarch ½ cup dried pasta (any) ½ cup whole wheat bread crumbs
2 tablespoons + 1 teaspoon olive oil 1 cup evaporated skim milk 2/3 cup Italian dressing 6 cups chicken or other broth 15 ounces tomato sauce Other: 1 tablespoon mango chutney 1/4 cup low-fat yogurt 1 tablespoon honey 1/2 tablespoon mustard 1 tablespoon unsalted butter	1/4 teaspoon curry powder 1/8 teaspoon cayenne 1/3 cup fresh dill 1/3 cup fresh basil 2 teaspoons dried rosemary 1 tablespoon dried parsley flakes ½ teaspoon dried oregano Grains / Baking: 8 ounces bow-tie pasta 2 teaspoons sugar 1 unbaked pastry shell 1-1/2 teaspoons cornstarch ½ cup dried pasta (any)

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