



# Grocery Shopping List: Martha Stewart Dinner Recipes

<p><b>Meats and Proteins:</b></p> <input type="checkbox"/> 4 chicken breast halves <input type="checkbox"/> 1 pound ground lamb or beef chuck <input type="checkbox"/> 4 eggs <input type="checkbox"/> 2 chicken cutlets (6 ounces each) <input type="checkbox"/> 4 ounces cheddar cheese <input type="checkbox"/> 4 chicken thighs <input type="checkbox"/> 1 bone-in pork loin chop (8 to 10 ounces)	<p><b>Vegetables/Fruits:</b></p> <input type="checkbox"/> 1 jalapeno chile <input type="checkbox"/> 4 red onions <input type="checkbox"/> 6 garlic cloves <input type="checkbox"/> 3 sour pickles <input type="checkbox"/> 1 pound bok choy <input type="checkbox"/> 1 cup pineapple chunks <input type="checkbox"/> 2 onions <input type="checkbox"/> Avocados <input type="checkbox"/> Tomatoes <input type="checkbox"/> Lettuce
<p><b>Liquids:</b></p> <input type="checkbox"/> 1/4 cup lime juice <input type="checkbox"/> 3/4 cup extra-virgin olive oil <input type="checkbox"/> 3 tbs + 1 tsp vegetable oil <input type="checkbox"/> 2 tablespoons rice vinegar <input type="checkbox"/> 1 tablespoon red-wine vinegar <input type="checkbox"/> 2 tablespoons soy sauce	<p><b>Spices:</b></p> <input type="checkbox"/> salt <input type="checkbox"/> pepper <input type="checkbox"/> 1/3 cup fresh dill <input type="checkbox"/> 1 tablespoon grated peeled fresh ginger <input type="checkbox"/> 1/8 teaspoon cayenne pepper <input type="checkbox"/> 1/2 cup fresh cilantro <input type="checkbox"/> 1/2 teaspoon ground cinnamon
<p><b>Other:</b></p> <input type="checkbox"/> 1/4 cup plus 3 tablespoons whole-grain mustard <input type="checkbox"/> 1/2 cup tomato paste <input type="checkbox"/> 1 tablespoon honey <input type="checkbox"/> Sour cream <input type="checkbox"/> 3 tablespoons crème fraiche	<p><b>Grains / Baking:</b></p> <input type="checkbox"/> 8 6" corn tortillas <input type="checkbox"/> 1 baguette <input type="checkbox"/> 3 cups cooked rice <input type="checkbox"/> 12 ounces rigatoni <input type="checkbox"/> 1 teaspoon all-purpose flour <input type="checkbox"/> 1 whole-wheat English muffin

Print this Take and Make Menu Plan here: <http://www.homeeverafter.com/take-make-menu-plan-martha-stewart-dinner-recipes/>