WEEK I: MENU	GROCERY LIST	
Lemon Chicken Piccata, pg 162 Spaghetti al Pesto, pg 120 Sautéed Peas, pg 186 Salmon with Pesto, pg 152 Risotto, pg 108 Green Beans, pg 195 Grilled Chicken with Herbs, pg 171 Risotto Cakes, pg 109 Creamed Spinach, pg 187 Fettuccine with Peas, pg 136 Baked Vegetables, pg 184 Garden Salad, pg 83 Dessert of the week: Chocolate Chip Cookies, pg 206	WEEKLY Ingredients PRODUCE 2 large tomatoes for baking I bunch radishes I head green leaf lettuce 3 pounds fresh spinach or I pound frozen I bell pepper I small eggplant I pound fresh or frozen green beans I small summer squash I small zucchini squash I red onion 2 onions I bunch flat-leaf parsley 5 oz fresh basil 2 lemons PANTRY 3 15-oz cans chicken broth I pound fettuccine MEAT/POULTRY/FISH 3 pounds chicken breast: boneless, skinless fillets I pound salmon fillets DAIRY 4 oz blue cheese crumbles 4 oz mozzarella or fontina cheese MISCELLANEOUS 2 10-oz packages frozen peas I jar capers I oz pine nuts	PANTRY ESSENTIALS (to have on hand) STAPLES balsamic vinegar extra-virgin olive oil olive oil sea salt, plain salt, pepper all-purpose flour Arborio rice kidney beans spaghetti FRIDGE eggs milk butter heavy whipping cream Parmesan cheese, chunk and grated garlic cloves carrots breadcrumbs dry white wine sun-dried tomatoes, oil-packed FRESH tomatoes HERBS AND SPICES oregano, dried thyme, dried nutmeg, ground ADDITIONAL Ingredients for dessert sugar baking soda cream of tartar pure vanilla extract semisweet chocolate chips
	Extra Items for Your Family: milk, eggs, bread, fruits, vegetables, etc.	

Al tavola, non si invecchia mai. (At the table, one does not grow old.)

~ITALIAN PROVERB~