

## WEEK 2: MENU

Arrostato, pg 140  
Penne Arrabbiata, pg 92  
Cannellini Beans with Sage, pg 196

Lamb Chops, pg 146  
Potatoes Gratin, pg 183  
Tomato, Cucumber & Red Onion Salad,  
pg 62

Chicken Pizzaiola, pg 144  
Spaghetti Café Luna, pg 104  
Mixed Greens, pg 74

Eggplant Parmigiana, pg 192  
Bruschetta, pg 48

### Dessert of the week:

Ricotta Berry Cheesecake, pg 218

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## GROCERY LIST

### WEEKLY Ingredients

#### PRODUCE

- 2 large tomatoes for salad
- 6 roma tomatoes
- 5 oz mixed greens
- 2 lemons
- 2 large eggplants
- 1 cucumber
- 1 red onion
- 2 bunches fresh basil
- 1 bunch fresh sage
- 1 bunch fresh mint
- 2 pounds potatoes

#### PANTRY

- 4 15-oz cans plain tomato sauce
- 2 15-oz cans cannellini beans
- 1 pound spaghetti

#### MEAT/POULTRY/FISH

- 1 4 to 5 pound eye of round roast
- 8 4-oz lamb chops
- 1 pound chicken breast:  
boneless, skinless fillets

#### DAIRY

- 4 oz feta cheese, crumbled
- 3 8-ounce balls fresh mozzarella
- ½ pint heavy whipping cream

#### MISCELLANEOUS

- 1 baguette

### PANTRY ESSENTIALS

(to have on hand)

#### STAPLES

- balsamic vinegar
- extra-virgin olive oil
- olive oil
- sea salt, plain salt, pepper
- canola oil or peanut oil  
for frying
- red wine vinegar
- all-purpose flour
- diced tomatoes, canned
- penne pasta
- chicken broth

#### FRIDGE

- eggs
- milk
- butter
- Parmesan cheese,  
chunk and grated
- onion
- garlic cloves

#### HERBS AND SPICES

- fresh rosemary
- red pepper flakes
- nutmeg, ground

### ADDITIONAL

#### Ingredients for dessert

- sugar
- pure vanilla extract
- cornstarch
- 8 oz plain yogurt
- 16 oz ricotta cheese
- 1 pkg graham crackers
- 1 pint blueberries

*Extra Items for Your Family:* milk, eggs, bread, fruits, vegetables, etc.

*There are 4 basic food groups:  
milk chocolate, dark chocolate, white chocolate and chocolate truffles.*

~AUTHOR UNKNOWN~