

WEEK 5: MENU

Grilled Tri-tip, pg 174
Fettuccine Alfredo, pg 38
Roasted Asparagus, pg 188

Chicken Cacciatore, pg 142
Polenta, pg 107
Green Beans, pg 195

Tri-tip Salad, pg 88
Creamy Tomato Soup, pg 86
Focaccia, pg 32

Penne with Asparagus, pg 132
Mediterranean Salad, pg 36

Dessert of the week:

Cinnamon Pear Cake, pg 222

GROCERY LIST

WEEKLY Ingredients

PRODUCE

- 1 head romaine lettuce
- 5 oz mixed greens
- 3 pounds fresh asparagus
- 1 pound fresh green beans
- 1 bunch fresh rosemary
- 1 bunch fresh thyme
- 1 bunch fresh basil
- 1 bunch flat leaf parsley
- 1 bunch fresh oregano

PANTRY

- 1 16-oz pkg polenta/cornmeal
- 3 15-oz cans chicken broth
- 1 can black olives
- 1 28-oz can, good quality, diced tomatoes
- 1 pound fresh fettuccine pasta

MEAT/POULTRY/FISH

- 1 pound chicken drumsticks
- 1 pound chicken thighs
- 1 2-pound tri-tip roast

DAIRY

- 8 oz blue cheese crumbles
- 1 pint heavy whipping cream
- 4 oz feta cheese

MISCELLANEOUS

- 1 12-oz bottle club soda
- 8 oz dried cranberries
- 1 bag potato chips

PANTRY ESSENTIALS

(to have on hand)

STAPLES

- balsamic vinegar
- extra-virgin olive oil
- olive oil
- sea salt, plain salt, pepper
- garlic salt
- all-purpose flour
- active dry yeast
- plain tomato sauce
- walnuts
- penne pasta

FRIDGE

- eggs
- milk
- butter
- heavy whipping cream
- Parmesan cheese, chunk and grated
- onion
- garlic cloves
- carrots
- celery
- Dijon mustard
- dry white wine
- sun-dried tomatoes, oil-packed

FRESH

- tomatoes
- lemon

HERBS AND SPICES

- nutmeg, ground

ADDITIONAL

Ingredients for dessert

- sugar
- brown sugar
- baking soda
- baking powder
- cinnamon
- ginger, ground
- nutmeg, ground
- pure vanilla extract
- ½ cup sour cream
- 2 large firm pears

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