

# The Six O'Clock Scramble, Fall Week 1

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference (numbers to right of ingredient):

- 1) Maple Dijon Baked Chicken
- 2) Salmon in a Foil Packet
- 3) Farfalle with Mushrooms and Peas
- 4) Cheese Quesadilla with Lime Pesto
- 5) Greek Pita Pizza

### **Staples (things you may have)**

- 1/3 cup dijon mustard 1
- 1/4 cup white wine 1
- 2 tbsp peanut or vegetable oil 2
- 3 tsp chopped garlic (about 6 cloves) 2,3
- 2 tbsp soy sauce 2
- 5 tbsp olive oil 3,4,5
- 3/4 cup parmesan cheese 1,3
- 1 tbsp butter (optional side) 1
- 1/4 cup milk (optional side) 1

### Spices:

- 1 tsp dried tarragon or sage 1
- to paprika 1
- taste
- 1/2 tsp kosher salt (or 1/4 tsp table salt) 3
- 2 tsp dried oregano (or use 1-2 tbsp fresh oregano or basil) 5

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- 1 pkg split chicken breasts (bone in) and 1 pkg thighs (bone in), about 8-10 piece total 1
- 1 1/2 lbs salmon fillet 2
- 2 cups sliced or shredded cooked chicken or steak (optional) 4

#### Refrigerated/Frozen

- 1 pkg frozen peas, (optional side) 3
- 6-8 oz feta cheese, crumbled 5
- 2 tbsp pesto sauce (store bought or homemade: see p. 124) 4
- 1 1/2 cups shredded Monterey Jack cheese 4
- 8 soft-taco sized whole wheat or flour tortillas 4

#### Produce:

- 1 cup slivered carrots (about 2 carrots) 2
- 1 red or green bell pepper or zucchini 2
- 2 lbs assorted sliced mushrooms (such as shiitakes, buttons, or criminis) 3
- 1 tsp fresh or dried thyme 3
- 1 yellow onion (preferably sweet) 4
- 1 lime 4
- 1 small fresh ginger 2
- chunk 2
- 3 ripe plum or Roma tomatoes 5
- 1 bag spinach (optional side) 5
- strawberries (optional side) 5
- green beans (optional side) 1
- corn on the cob (optional side) 4

#### Shelved Items

- spaetzle or gnocchi (optional side) 1
- white or brown rice (optional side) 2
- 1/3 cup apricot jam 1
- 1/3 cup maple syrup or honey (or any combination of the two) 1
- 1 can diced pineapple (optional side) 2
- 1 pkg farfalle or other pasta 3
- (16 oz)
- 1/2 cup chicken or vegetable broth 3
- 1pkg whole wheat rolls 3
- 4 medium-sized pita breads 5
- 1 tbsp rice vinegar 2
- 1 tbsp hoisin sauce 2
- 1 cup salsa (for serving) 4

# The Six O'Clock Scramble, Fall Week 2

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Spinach Noodle and Cheese Bake
- 2) Orange and Lemon Flounder
- 3) Cincinnati Chili
- 4) Grilled Polenta with Fresh Tomatoes and Basil
- 5) VLTs (or BLTs)

### **Staples (things you may have)**

- |          |                                |     |
|----------|--------------------------------|-----|
| 2 ½ tsp  | minced garlic (about 5 cloves) | 1,4 |
| ¼ cup    | flour                          | 1   |
| ¼ cup    | bread crumbs                   | 1   |
| ¼ cup    | olive oil                      | 4   |
| 2 tbsp   | butter or margarine            | 1   |
| 2 ½ cups | nonfat or low-fat milk         | 1   |
| ¼ cup    | mayonnaise                     | 5   |
| 1 tbsp   | honey                          | 2   |
| 2 tsp    | sugar                          | 3   |

### Spices:

- |        |                                |     |
|--------|--------------------------------|-----|
| ½ tsp  | dried basil or 1 tbsp fresh    | 1   |
| ½ tsp  | dried oregano or 1 ½ tsp fresh | 1   |
| ¾ tsp  | salt                           | 2,4 |
| 2 tbsp | chili powder                   | 3   |
| 1 tsp  | cinnamon                       | 3   |
| ½ tsp  | ground cloves                  | 3   |
| 1 tsp  | garlic powder                  | 3   |
| ¼ tsp  | pepper                         | 4   |

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- |                 |   |   |
|-----------------|---|---|
| 1 ½ lbs         | flounder fillet   | 2 |
| 1 ½ - 2 lbs     | lean ground beef, chicken, or vegetarian ground "meat"                    | 3 |
| 1 box (5.25 oz) | Morningstar Farms Veggie Breakfast Bacon Strips (or bacon of your choice) | 5 |

#### Refrigerated/Frozen

- |               |                          |     |
|---------------|--------------------------|-----|
| 1 pkg (10 oz) | frozen chopped spinach   | 1   |
| 2 cups        | shredded Parmesan cheese | 1,4 |

#### Produce:

- |         |   |      |
|---------|---|------|
| 1       | large onion                                 | 1,3  |
| 1 pkg   | baby carrots (optional side)                | 1    |
| 2       | oranges (optional side)                     | 2, 4 |
| 1       | lemon                                       | 2    |
|         | broccolini (baby broccoli), (optional side) | 2    |
| handful | seedless purple grapes (optional side)      | 2    |
| 1       | head iceberg lettuce                        | 5    |
| 1 bunch | fresh basil leaves                          | 4    |
| 1 head  | lettuce (optional side)                     | 4    |
| 3-4     | tomatoes                                    | 4, 5 |

#### Shelved Items

- |                     |   |   |
|---------------------|---|---|
| 1 pkg (16 oz)       | mostaccioli or penne noodles  | 1 |
| 1 can (15 oz)       | diced tomatoes with Italian seasoning   | 1 |
| ¼ cup               | walnuts (optional side)   | 4 |
| 1 can (28 oz)       | whole tomatoes  | 3 |
| 2 cans (16 oz each) | red kidney beans (use variety without added sugar, if possible)                                     | 3 |
|                     | cornbread mix (optional side)   | 3 |
| 1 roll (24 oz)      | plain prepared polenta  | 4 |
| 16 slices           | wheat bread   | 5 |
| 1 can (14 oz)       | chicken broth (optional side)   | 2 |
|                     | colorful toothpicks   | 5 |
|                     | bulgur wheat (optional side)  | 2 |
|                     | potato chips (or make your own with 2 potatoes, peanut or veg oil, salt & rosemary) (optional side) | 5 |

# The Six O'Clock Scramble, Fall Week 3 Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

## Recipe Cross Reference

- 1) Ginger Chicken
- 2) Roasted Halibut with Caramelized Onions
- 3) Whole Wheat Turkey Coleslaw Wraps
- 4) Mexican Cornbread Casserole
- 5) Thai Noodle Salad with Roast Beef

## **Staples (things you may have)**

- 3 tbsp olive oil 1,2,4
- ¼ cup soy sauce 1
- 2 tbsp sherry 1
- 1 tbsp Dijon mustard 2
- 3 tbsp balsamic vinegar 2,3
- 3 tbsp mayonnaise 2,3
- 1 tbsp ketchup 3
  
- 1 tbsp sesame oil 5
- 4 tbsp butter 4
- 4 eggs 4
- 3 tbsp honey 1,2
- 2 tsp minced garlic (about 4 cloves) (optional side) 2,4
- ¼ cup grated parmesan cheese (optional side) 2
- 2 tbsp sugar 3,4
  
- Spices:**
- 1-2 tbsp curry powder 1
- 1 tsp salt 2,4

## Other Necessities (List Your Own Here)

## **Ingredients (cross off things you already have)**

### Meat and Fish

- 1 whole chicken (plus more pieces, if desired), cut up 1
- 1 ½ lbs halibut fillets 2
- 1 lb sliced turkey (or use meatless deli slices) 3
- 8 oz sliced deli roast beef (or use cooked chicken or extra-firm tofu) 5

### Refrigerated/Frozen

- 8 oz shredded Cheddar cheese 4
- 2 cups (16 oz) low-fat sour cream 4
- 6 whole wheat wraps (or use large flour tortillas) 3
- egg rolls (optional side) 5
- frozen peas (optional side) 1

### Produce:

- 1 small chunk fresh ginger 1
- 8 oz sliced mushrooms 1
- 4 scallions 1
- asparagus (optional side) 4
- 1 red onion 2
- 1 bag (12 oz) dry broccoli slaw or cabbage coleslaw 3
- 1 ½ cups snow peas 5
- 1 cup matchstick carrots (you can buy them precut) 5
- 1 lime 5
- ¼ cup chopped fresh cilantro 5
- 1 small head romaine lettuce 5
- 1 head swiss chard (optional side) 2

### Shelved Items

- 1 can (14 oz) chicken broth 1
- ½ cup high-quality teriyaki sauce, such as Soy Vey 5
- 1 cup yellow cornmeal 4
- 2 tbsp mango chutney (or use apricot jam) 1
- rice (optional side) 1
- 1 baguette (optional side) 2
- 1 can (15 oz) unsweetened corn kernels 4
- 1 can (15 oz) white kidney or cannellini beans 4
- 1 pkg (3.75 oz) bean thread or cellophane noodles 5
- 1 cup mild salsa 4

# The Six O'Clock Scramble, Fall Week 4 Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

## Recipe Cross Reference

- 1) Spanish Rice with Ground Beef or Turkey
- 2) Tilapia Topped with Warm Cherry Tomatoes and Olives
- 3) Crispy Rolled Tortillas with Black Bean Filling
- 4) Penne Pesto with Baby Spinach
- 5) Roasted Sweet Potato and Apple Soup

## **Staples (things you may have)**

5 tbsp	olive oil	1,2,4
1 ½ cups	dry white or quick-cooking brown rice	1
¼ cup	parmesan cheese	2,4
4 cloves	garlic	3,4,5
2 tbsp	vegetable oil	5
¼ cup	butter or vinaigrette dressing (for dipping) (optional side)	1
	1 tsp honey (optional side)	2

## Spices:

2 tbsp	chili powder	1,3
1 tsp	salt	1,2,4,5
1 tsp	black pepper	1,2,4,5
½ tsp	cumin	3

## Other Necessities (List Your Own Here)

## **Ingredients (cross off things you already have)**

### Meat and Fish

1 lb	lean ground beef, turkey, or vegetarian ground meat	1
1-1 ½ lb	tilapia fillets	2

### Refrigerated/Frozen

1 cup	yogurt, sour cream, goat cheese (opt.)	5
1 cup	shredded Cheddar cheese	3
1 cup	low-fat sour cream	3, 5
½ cup	pesto sauce	4
¼ cup	feta cheese (optional side)	2
1 pkg (12)	soft-taco-sized flour tortillas	3

### Produce:

2	(1) large onion, (1) medium onion	1,5
1	green bell pepper	1
1 pint	cherry tomatoes	2
1 bunch	fresh parsley	2
1	lemon	2
6	scallions	3
2	tomatoes	3
12-18 oz	prewashed baby spinach	4
2	medium sweet potatoes	5
1	apple	5
	artichokes (optional side)	1
3	cucumbers (optional side)	2
15	fresh mint leaves (optional side)	2
1	cantaloupe (optional side)	4
1 head	lettuce (optional side)	5
1	avocado (optional side)	5
1	orange (optional side)	5

### Shelved Items

1 can (28 oz)	tomatoes (whole or crushed)	1
½ cup	pitted Kalamata olives	2
1 can (16 oz)	black beans	3
1 can (14 oz)	vegetarian refried beans	3
3-5 cups	chicken or vegetable broth	5
1 cup	salsa	3
2 tbsp	capers	4
1 pkg (16 oz)	penne noodles	4
	corn kernels (optional side)	3
2 loaves	bread (optional side)	2,4,5
	tortilla chips (optional side)	3

# The Six O'Clock Scramble, Fall Week 5

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Grilled Teriyaki Chicken Tenderloins
- 2) Tortilla Casserole
- 3) Sauteed Shrimp with Tomatoes and Lemon
- 4) Spinach Manicotti
- 5) Broccoli-Leek Soup with Lemon-Chive Cream

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- |         |                                    |   |
|---------|------------------------------------|---|
| 1 ½ lbs | chicken tenderloins                | 1 |
| 1 lb    | medium shrimp, peeled and deveined | 3 |

### **Staples (things you may have)**

- |         |                                  |  |         |
|---------|----------------------------------|--|---------|
| ¼ cup   | soy sauce                        |  | 1       |
| 3 tsp   | minced/chopped garlic (6 cloves) |  | 1,3,4   |
| 1tbsp   | sugar                            |  | 1       |
| ½ cup   | low-fat milk                     |  | 2       |
| 5 tbsp  | olive oil                        |  | 2,3,4,5 |
| 1/3 cup | Parmesan cheese                  |  | 4,5     |
| 1tbsp   | butter                           |  | 5       |
| 1       | egg                              |  | 4       |
|         | rice (optional side)             |  | 1,3     |
| 1 tsp   | vanilla                          |  | 1       |

### Spices:

- |       |  |  |     |
|-------|--|--|-----|
| ½ tsp | ground ginger or 1 tsp minced fresh ginger |  | 1   |
| ½ tsp | salt                                       |  | 3,5 |
| ½ tsp | pepper                                     |  | 2,5 |
| ¼ tsp | kosher salt (optional side)                |  | 2   |

### Other Necessities (List Your Own Here)

#### Refrigerated/Frozen

- |                 |                                 |   |
|-----------------|---------------------------------|---|
| 1 cup           | shredded Cheddar cheese         | 2 |
| 1 pkg (10 oz)   | frozen chopped spinach          | 4 |
| 1 cont. (16 oz) | low-fat cottage cheese          | 4 |
| ½ cup           | shredded mozzarella cheese      | 4 |
| ½ cup           | sour cream                      | 5 |
| 1 pkg (6)       | soft-taco-sized flour tortillas | 2 |

#### Produce:

- |              |                                |         |
|--------------|--------------------------------|---------|
| 3 – 9 cloves | garlic                         | 1,3,4,5 |
| 1 pint       | grape or cherry tomatoes       | 3       |
| 2 tbsp       | fresh parsley                  | 3       |
| 1            | lemon                          | 3,5     |
| 1            | small onion                    | 4       |
| 1 pkg (8 oz) | sliced mushrooms               | 4       |
| 2            | medium leeks                   | 5       |
| 2 ½ lbs      | broccoli                       | 3,5     |
| 1 bunch      | chives or scallions            | 5       |
|              | asparagus (optional side)      | 1       |
|              | green beans (optional side)    | 2       |
|              | sweet potatoes (optional side) | 5       |
|              | kiwis (optional side)          | 4       |
|              | mangoes (optional side)        | 4       |

#### Shelved Items

- |               |   |   |
|---------------|---|---|
| ¼ cup         | rice vinegar                            | 1 |
| ¼ cup         | rice wine                               | 1 |
| 1 can (15 oz) | pinto or black beans                    | 2 |
| 1 can (11 oz) | condensed tomato soup                   | 2 |
| 1 can (11 oz) | corn kernels (unsweetened, if possible) | 2 |
| 1 cup         | mild salsa                              | 2 |
| 5 cups        | chicken broth                           | 5 |
| 2 tbsp        | capers                                  | 3 |
| 1 pkg         | (12-14) manicotti noodles               | 4 |
| 1 jar (26 oz) | tomato-and-basil flavored pasta sauce   | 4 |
| 1 loaf        | whole wheat bread (optional side)       | 5 |

# The Six O'Clock Scramble, Fall Week 6

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) One-Pot Chicken and Vegetable Stew
- 2) Red Beans and Rice
- 3) Linguine with Shrimp and Feta Cheese
- 4) Broccoli, Sausage, and Cheddar Quiche
- 5) Salmon Burgers

### **Ingredients (cross off things you already have)**

#### Meat and Fish

1 pkg	(2-3 lbs) bone-in or boneless chicken thighs	1
1 lb	medium shrimp, peeled & deveined	3
½ lb	precooked chicken sausage (or use meatless) any variety	4

### **Staples (things you may have)**

5 tbsp	olive oil	1,2,3,4
4 tsp	minced/chopped garlic (8 cloves)	1,2,3
1 cup	cooked rice (about 1 cup dry)	2
½ cup	dry white wine	3
1 cup	nonfat or low-fat milk	4
1 ½ cups	bread crumbs	1,5
¼ cup	mayonnaise	5
1 tbsp	Worcestershire sauce	5
1 tbsp	vegetable oil	5
2 tbsp	butter (optional side)	1
1 tbsp	parmesan cheese (optional side)	1

### Spices:

1 tbsp	chili powder	1
1-2 tbsp	cumin	2
¼ tsp	cayenne pepper (opt.)	2
¾ tsp	dried oregano or 1 tbsp fresh	3
¾ tsp	salt	3,4
¼ tsp	red pepper flakes	3
¼ tsp	mustard powder	4
⅛ tsp	pepper	4

### Refrigerated/Frozen

for serving	plain yogurt or sour cream (optional)	2
¾ cup	feta cheese	3
1 pkg (10 oz)	frozen chopped broccoli	4
1	9-inch pie crust	4
5	eggs	4,5
½ cup	shredded Cheddar cheese	4
	guacamole (optional side)	2
1 pkg	peas (optional side)	5
6	flour or whole wheat tortillas (optional)	2

### Produce:

2	(1) medium, (1) small onion	1,2
2	large carrots	1
1	large white potato	1
1 bag (6-9 oz)	baby spinach	1
1	green bell pepper	2
3 cups	(about ¾ lb) plum tomatoes	3
1	head of cauliflower (optional side)	1
1 tbsp	parsley (optional side)	1
	cucumbers (optional side)	3
	baby carrots (optional side)	3
	oranges (optional side)	4
	bananas (optional side)	4
	grapes (optional side)	4

### Other Necessities (List Your Own Here)

### Shelved Items

24-28 oz	boneless, skinless canned salmon (or substitute with canned chunk light tuna)	5
½ cup	quinoa (use white rice if you can't find quinoa at your market)	1
1 can (15 oz)	chicken broth	1
1 can (28 oz)	crushed tomatoes	1
1 can (15 oz)	kidney beans (preferably without sugar)	2
1 can (15 oz)	Italian-style stewed tomatoes	2
for serving	salsa	2
+opt. s/d		
1 pkg (16 oz)	linguine	3
1 loaf	bread (optional side)	1
	tortilla chips (optional side)	2
	biscuits (optional side)	4
	rice pilaf (optional side)	5
	salad dressing for dipping veggies (optional side)	3

# The Six O'Clock Scramble, Fall Week 7

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Cornmeal-Crusted Catfish
- 2) Indian Spiced Lentils with Rice
- 3) Chinese Noodles with Greens
- 4) Vegetarian Tacos
- 5) Goddess Chicken

### Staples (things you may have)

2 tbsp	milk	1
½ cup	yellow cornmeal	1
2 tbsp	vegetable oil or butter	1
⅓ cup	olive oil	2,4
½ cup	raisins	2
⅓ cup	soy sauce	3,4
2 tbsp	honey	3
2 tbsp	sesame oil	3
2 tsp	cornstarch	3
2 ½ tsp	chopped/minced garlic (about 5 cloves)	3,4
1 tbsp	balsamic vinegar	4
1 tsp	sugar	4
1	egg	1

### Spices:

2 tbsp	Old Bay seasoning	1
2 tsp	curry powder	2
2	bay leaves	2
1 tsp	salt	2
1 tsp	chili powder	4
½ tsp	cumin	4
½ tsp	kosher salt (optional side)	1
¼ tsp	pepper (optional side)	1

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

1 ½-2 lbs	(about 2-3) catfish fillets	1
¼ - ½ lb	cooked spicy sausage (optional)	2
1 bag	(12 oz) vegetarian ground "meat" (or use turkey or beef)	4
2-2 ½ lbs	boneless, skinless chicken breasts (about 4-6 chicken breasts)	5

#### Refrigerated/Frozen

1 cup	plain yogurt	2
1 cup	sour cream (optional)	4
1 cup	shredded cheddar cheese (optional)	4
	egg rolls (optional side)	3

#### Produce:

2	(1) large, (1) medium onion	2,4
4	scallions	3
1 tbsp	minced ginger	3
9-12 oz	bok choy leaves or baby spinach	3
2	medium red bell peppers	2,4
1	tomato (optional)	4
1	Iceberg lettuce (optional)	4
	lemon (optional side)	1
	1 lb baby carrots (optional side)	1
	1 bag spinach (optional side)	2
	1 cup shredded carrots (optional side)	2
	1 avocado (optional side)	2
	1 lime (optional side)	3
	fruit for fruit salad (optional side)	4
	grapes (optional side)	5

#### Shelved Items

1 cup	dried green lentils	2
16 oz	lo mein noodles (or substitute linguine)	3
2 tbsp	rice vinegar	3
1 can (6 oz)	tomato paste	4
1 can (28 oz)	crushed tomatoes	4
1 pkg (8)	taco shells, tortillas, or pita pockets	4
1 cup	salsa (optional)	4
1 can (15 oz)	artichoke hearts	5
1 bag (3 oz)	sundried tomatoes	5
¾ cup	Annie's Naturals Goddess Dressing (or use any creamy Italian or Caesar dressing)	5
½ cup	chicken broth	5
	couscous	5
1 pkg	brown rice	2

# The Six O'Clock Scramble, Fall Week 8

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Chicken Dijon
- 2) Corn and Wild Rice Soup
- 3) Pan-Seared Pork Loins with Green Beans
- 4) Not-Your-Mother's Tuna Casserole
- 5) Southwestern-Style Stuffed Potatoes

### **Ingredients (cross off things you already have)**

#### Meat and Fish

4	boneless, skinless chicken breast halves	1
10 oz	precooked smoked turkey or vegetarian sausage (optional)	2
1-½ lbs	boneless pork loins or turkey cutlets	3

### **Staples (things you may have)**

½ cup	bread crumbs	1,4
½ cup	flour	1,3
3 tbsp	Dijon mustard	1
1 tbsp	honey	1
3 tbsp	butter	1,3
2 tbsp	vegetable oil	2
2 tbsp	olive oil	3,4
1 tsp	chopped garlic (about 2 cloves)	3
10 oz	low-fat milk	4

#### Refrigerated/Frozen

7 cups	(2 ½ lbs) frozen corn kernels (opt. for # 4)	2,4
¾ cup	half and half	2
1 lb	frozen cut green beans	3
1 cup	frozen broccoli (optional)	4
2 ½ cups	reduced-fat shredded Cheddar cheese	4,5
½ cup	nonfat buttermilk	5
1 cup	reduced-fat sour cream or plain yogurt	5
	goat cheese (optional side)	3
1 – 2 cups	peas	1,4

### Spices:

½ tsp	paprika	1
½ tsp	salt	1, 3
⅓ tsp	pepper	1

#### Produce:

4	carrots	2,5
3	medium onions	2,4
1	lemon	3
1	medium red or green bell pepper	4
1	tomato (optional)	4
1	zucchini (optional)	4
1 cup	peas (optional)	1,4
4	large baking potatoes	5
¼ cup	scallions (optional)	5
1 head	lettuce (optional side)	2
	pear (optional side)	2
1 bag	baby spinach (optional side)	5
1	red onion (optional side)	5

### Other Necessities (List Your Own Here)

#### Shelved Items

12 cups	chicken broth	2
1 ¼ cups	uncooked wild rice	2
1 tbsp	capers (optional)	3
8 oz	egg noodles, penne, spiral-shaped pasta	4
1 can	chunk light tuna packed in water	4
(6 oz)		
1 can	black beans or kidney beans	4
(15 oz)		
1 can	condensed tomato soup	4
(10 oz)		
1 jar	mild salsa	4,5
1	roasted red pepper (optional)	4
	corn muffin mix (optional side)	1
	bread sticks (optional side)	2
	pecans (optional side)	2
	rice pilaf (optional side)	3
	tortilla chips (optional side)	4

# The Six O'Clock Scramble, Fall Week 9

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Rosemary Chicken with Artichokes
- 2) Grilled Halibut in Soy-Ginger Marinade
- 3) Sesame Noodles with Peas
- 4) Baked Huevos Rancheros Casserole
- 5) Chickpea-Tomato Stew

### **Staples (things you may have)**

5 tbsp	olive oil	1,2, 5
½ cup	soy sauce	2,3
3 tbsp	brown sugar	2,3
½ tsp	minced garlic (about 1 clove)	2
¼ cup	sesame oil	3
2 tbsp	balsamic vinegar	3

### Spices:

¼ tsp	ground ginger (or ¾ tsp minced fresh ginger)	2
½ tsp	dry mustard	2
½ cup	sesame seeds	3
2 tsp	curry powder	5
1 tsp	cumin	5
	salt (to taste) (optional side)	2
	pepper (to taste) (optional side)	2

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

2-3 lbs	boneless, skinless chicken breast halves	1
1 ½-2 lbs	halibut fillets (or use thick white fish or salmon)	2

#### Refrigerated/Frozen

2 cups	frozen peas (or use 1 lb broccoli florets, fresh or frozen)	3
2 cups	shredded Monterey Jack cheese	4
4	large eggs	4
2 cups	nonfat buttermilk	4
1 cup	sour cream (optional)	5
1 pkg (12)	small corn tortillas	4
	blue cheese (optional side)	3

#### Produce:

2 tbsp	fresh or dried rosemary	1
1	lemon	1,2
1 tbsp	minced ginger (optional)	3
3	shallots (or substitute ½ onion and 2 cloves garlic)	5
handful	fresh mint and/or fresh oregano (optional)	5
	asparagus (optional side)	1
	zucchini (optional side)	2
1 bag	mixed greens (optional side)	3
1	apple (optional side)	3
	corn on the cob (optional side)	4
	fruit for fruit salad (optional side)	4

#### Shelved Items

2 cans (14 oz)	artichoke hearts	1
2 tbsp	hot chili sesame oil (or use more sesame oil)	3
1 pkg (16 oz)	linguine	3
1 cup	prepared pasta sauce or tomato sauce	5
2 cans (4 oz ea.)	mild chopped green chilies	4
1 can (15 oz)	chickpeas (also called garbanzos)	5
1 can (14 ½ oz)	diced tomatoes	5
	pita bread (optional side)	5
	couscous (optional side)	1,5
	Italian bread (optional side)	2
¼ cup	slivered almonds (optional side)	3
	salsa (optional side)	4
	couscous or rice (optional side)	5

# The Six O'Clock Scramble, Fall Week 10

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Cranberry Chicken
- 2) Salmon Topped with Slivered Lemon
- 3) Butterfly Pasta sauce with Cannellini Beans
- 4) Grilled Steak and Portobello Mushroom Sandwiches
- 5) Couscous and Savory Vegetable Casserole with Feta

### **Staples (things you may have)**

¾ cup	olive oil	1,2,3,4,5
2 tbsp	Dijon mustard	1
¼ cup	orange juice	1
3 ½ tsp	minced garlic (about 7 cloves)	3,4,5
¼ cup	grated Parmesan cheese	3
⅛ cup	balsamic vinegar	4
	milk (optional side)	4
2-3	butter or margarine	4
tbsp	(optional side)	

### Spices:

½ tsp	kosher salt	2
1 tsp	pepper	2,3,4,5
1 tsp	salt	3,4
½ - 1	chili powder	4
tsp		

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

4	(1 ½-2 lbs) boneless, skinless chicken breast halves	1
1-1 ½ lbs	salmon fillets	2
1-1 ½ lbs	boneless steak	4
1	store bought roast chicken (optional side)	5

#### Refrigerated/Frozen

3 tbsp	herbed or plain goat cheese (chevre)	4
1 cup	feta cheese	5
1 cup	sour cream (to taste)	4

#### Produce:

1	large lemon	2
1 tbsp	fresh dill (optional)	2
1 bunch	fresh basil	3
2-4	portobello mushroom caps	4
(6-8 oz)		
1 lb	sliced mushrooms	5
8 oz	cherry tomatoes	5
	green beans (optional side)	1
1 head	lettuce (optional side)	2
1	cantaloupe (optional side)	3
	potatoes (optional side)	4
1-2	mangoes (optional side)	5
1-2	kiwis (optional side)	5
1-2	apples (optional side)	5

#### Shelved Items

1 can (15 oz)	whole cranberry sauce	1
¼ cup	dried cranberries (optional)	1
¼ cup	sliced or slivered almonds (optional)	1
1 large can (28 oz)	diced tomatoes	3
2 cans (15 oz ea)	cannellini beans (or use white beans)	3
1 pkg (16 oz)	farfalle (butterfly) pasta	3
1 pkg (4)	whole wheat buns	4
1 can (15 oz)	artichoke hearts in water	5
1 box (8.8 oz)	Israeli couscous ( or use 8-10 oz regular couscous or orzo)	5
1 cup	chicken or vegetable broth	5
	couscous (optional side)	1
	stuffing mix (optional side)	1
	wild rice (optional side)	2
¼ cup	pecans (optional side)	2
¼ cup	dried cherries (optional side)	2
¼ cup	vinaigrette dressing (optional side)	2
	rolls (optional side)	3

# The Six O'Clock Scramble, Fall Week 11

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Crunchy Chicken Fingers
- 2) Asian Pasta Salad with Ginger-Soy Dressing
- 3) Sweet Potato Burritos
- 4) Butternut Squash Soup
- 5) Baked Stuffed Rainbow Trout or Salmon

### **Staples (things you may have)**

2 tbsp	dijon mustard	1,3
7 tbsp	soy sauce	2,3
2 tsp-1 tbsp	sugar (superfine if you have it)	2
1 tbsp	sesame oil	2
2 tbsp	butter or olive oil	2,4,5
3 tbsp	butter	2,4
1 tbsp	honey	4
¼ cup	white wine	5
½ cup	bread crumbs	5
¼ cup	grated Parmesan cheese	5
1 ½ tsp	chopped/minced garlic (about 3 cloves)	4,5

### Spices:

¾ tsp	salt	1,4
¼ tsp	pepper	1
1 tsp	black or white sesame seeds	2
2 tbsp	chili powder	3
1 tsp	cumin	3
¼ tsp	cinnamon	4
¼ tsp	ground ginger	4

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

2 pkgs	(about 2 lbs) chicken tenderloins (or use boneless, skinless chicken breasts)	1
½ cake (8 oz)	extra-firm tofu, or 1 ½ cups cooked chicken	2
4 (½ lb ea.)	whole boned trout or whole small salmon	5

#### Refrigerated/Frozen

4 oz	reduced-fat sour cream	1, 3
2 cups	shredded Cheddar cheese	3
1 pkg	soft-taco-sized (8-in) flour or whole wheat tortillas	3
	Gorgonzola cheese (optional side)	4
	guacomole (optional side)	3

#### Produce:

1	lime	2
1 tsp	fresh minced ginger, or ⅓ tsp ground ginger	2
2 cups	carrots (matchstick cut)	2
4	scallions (¼ cup)	2
3	medium sweet potatoes	3
1	medium butternut squash	4
1	large onion	4
2	celery stalks	4
4 oz	sliced mushrooms	5
1/4 cup	fresh parsley or cilantro	5
1	lemon or lime	5
	green beans (optional side)	1,2
	snap peas (optional side)	2
1 head	1 head lettuce (optional side)	4
1	apple (optional side)	4
	broccoli (optional side)	5

#### Shelved Items

2 cups	dry stuffing mix (either herb-seasoned or cornbread)	1
1 pkg (16 oz)	pasta spirals (whole wheat or regular)	2
1 can (15 oz)	kidney beans (preferably unsweetened)	3
2 cups	chicken or vegetable broth	4
	wild rice (optional side)	5
	salsa (optional side)	3
	tortilla chips (optional side)	3
1 loaf	bread (optional side)	4

# The Six O'Clock Scramble, Fall Week 12

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Baked Turkey Chimichangas
- 2) Fettucine with Melted Brie and Tomatoes
- 3) Seared Salmon with Lime Butter
- 4) Black Bean Soup
- 5) Zucchini Frittata with Red Peppers and Basil

### **Staples (things you may have)**

- |        |                                |     |
|--------|--------------------------------|-----|
| 2 ½    | minced garlic (about 5 cloves) | 2,4 |
| tsp    |                                |     |
| 6 tbsp | olive oil                      | 2,3 |
|        |                                | ,4  |
| 1 tbsp | butter                         | 3   |
| ½ cup  | red wine (optional)            | 4   |
|        | Tabasco sauce                  | 4   |
| ⅓ cup  | flour                          | 5   |
| 3      | eggs                           | 5   |

### Spices:

- |        |                        |   |
|--------|------------------------|---|
| 1 tsp  | kosher salt            | 3 |
| 1 tbsp | chili powder           | 4 |
| ¼ tsp  | garlic powder          | 5 |
| ½ tsp  | salt                   | 5 |
| ¼ tsp  | pepper (optional side) | 3 |

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- |         |   |   |
|---------|---|---|
| 1 lb    | ground turkey                             | 1 |
| 1 ½ lbs | salmon fillets                            | 3 |
| 1       | supermarket roast chicken (optional side) | 5 |

#### Refrigerated/Frozen

- |               |                                      |     |
|---------------|--------------------------------------|-----|
| 1 cup         | shredded Monterey Jack cheese        | 1   |
| 2 cups        | fat-free sour cream                  | 1,4 |
| 2 cups        | guacomole (optional)                 | 1   |
| ½ lb          | Brie cheese                          | 2   |
| 1 ⅔ cups      | shredded part-skim mozzarella cheese | 4,5 |
| ⅓ cup         | shredded Swiss cheese                | 5   |
| 1 pkg (10-12) | large flour or whole wheat tortillas | 1   |

#### Produce:

- |               |   |      |
|---------------|---|------|
| 4             | large ripe tomatoes, or 2 cans (15 oz ea) | 2    |
|               | diced tomatoes                            |      |
| 1 large bunch | fresh basil leaves                        | 2,5  |
| 1             | lime                                      | 3    |
| 2             | onion                                     | 2,4  |
| 3             | medium zucchini                           | 2, 5 |
| 1             | red bell pepper                           | 5    |
|               | asparagus (optional side)                 | 3    |
|               | sweet potatoes (optional side)            | 4    |
| 1 bag         | mixed greens (optional side)              | 5    |

#### Shelved Items

- |                   |                                    |     |
|-------------------|------------------------------------|-----|
| 1 can (15 oz)     | vegetarian refried beans           | 1   |
| 1 jar             | mild salsa                         | 1   |
| 1 can (15 oz)     | unsweetened corn kernels           | 1   |
| 2 cups            | tortilla chips                     | 1,4 |
| 1 pkg (16 oz)     | fettuccine                         | 2   |
| 3 cans (15 oz ea) | black beans                        | 4   |
| 1 can (14 ½ oz)   | chicken broth                      | 4   |
| 1 can (15 oz)     | diced tomatoes                     | 4   |
| 1 can (15 oz)     | tomato sauce                       | 4   |
|                   | mandarin oranges (optional side)   | 5   |
|                   | bread sticks (optional side)       | 2   |
|                   | couscous or quinoa (optional side) | 3   |
|                   | cornbread mix (optional side)      | 4   |
|                   | whole grain bread (optional side)  | 5   |
|                   | sliced almonds (optional side)     | 5   |

# The Six O'Clock Scramble, Fall Week 13

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Creamy Ravioli and Spinach Bake
- 2) Texas Black Bean Casserole
- 3) Mushroom and Onion Calzones
- 4) Honey-Dijon Shrimp
- 5) Thai Chicken Noodle Soup

### **Staples (things you may have)**

3 tbsp	vegetable oil	2,5
3 tsp	minced garlic (about 6 cloves)	3,5
¼ cup	Dijon mustard	4
2 tbsp	honey	4
3 tbsp	soy sauce	4,5
1 tbsp	olive oil	4
3 tbsp	smooth peanut butter	5
1	sugar	5
tsp+1		
tbsp		
	rice (optional side)	4
1 tsp	sesame oil (optional side)	5

### Spices:

½ tsp	garlic powder	1
1 tsp	salt	1,5
1 tsp	dried basil	1
½ tsp	pepper	4,5
¾ tsp	turmeric	5
¼ tsp	cayenne pepper (optional)	5
1 tsp	sesame seeds (optional side)	5

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

1 lb	large shrimp, peeled and devined	4
1 lb	boneless, skinless chicken breasts	5

#### Refrigerated/Frozen

1 pkg (20 oz)	(family-sized) cheese Ravioli	1
1 pkg (10 oz)	frozen spinach	1
1 cup	light sour cream	1
4 oz	feta cheese	1
1 cup	shredded cheddar cheese	2
1 can (15 oz)	refrigerated pizza crust dough	3
1 cup	shredded mozzarella or feta cheese (about 4 oz)	3
	Asian dumplings (optional side)	5
	edamame (Japanese soybeans) (optional side)	4

#### Produce:

2	(1) large, (1) medium onion	2,3
1	red or green bell pepper	2
1 cup	sliced mushrooms (about 4 oz)	3
1	lime	5
2 tbsp	fresh cilantro	5
1 bag	baby carrots (optional side)	1
1	cantaloupe (optional side)	2
1 head	lettuce (optional side)	3
	pineapple slices (fresh or canned) (optional side)	3
	broccoli (optional side)	5
1 tsp	fresh minced ginger or few shakes of ginger powder (optional side)	5

#### Shelved Items

1 can (15 oz)	diced tomatoes	1
1 can (14 oz)	unsweetened corn kernels	2
⅓ cup	pitted spanish (green) olives (about 6 large olives)	2
1 can (15 oz)	vegetarian refried beans	2
1 can (15 oz)	black beans	2
1 bag	tortilla chips	2
1 jar (15 oz)	mild salsa	2
1 cup	red pasta sauce	3
6 cups	chicken broth	5
¾ cup	light unsweetened coconut milk	5
2 cups	thin (or thread) egg noodles	5
	whole grain bread sticks (optional side)	1

# The Six O'Clock Scramble, Winter Week 1

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Easy Chicken and Vegetable Pot Pie
- 2) Spaghetti and Meatballs
- 3) Black-Eyed Pea Tacos
- 4) Spinach, Feta, and Pine Nuts over Rice
- 5) Deli Dinner

### **Ingredients (cross off things you already have)**

#### Meat and Fish

1 cup	cooked chicken (optional)	1
1 lb	lean ground beef (or use ground chicken or turkey)	2
8 oz	sliced smoked salmon (nova or lox)	5

### **Staples (things you may have)**

3 tbsp	butter	1,5
½ cup	bread crumbs	2
2 tbsp	ketchup	2
3 tbsp	olive oil	2,3,4
1 ½ cup	dry white rice	4
cup		
½ tsp	minced garlic (about 1 clove)	4
¼ cup	Parmesan cheese	2

### Spices:

¼ tsp	garlic powder	2
½ tsp	salt	4,5
¼ tsp	pepper	4

### Other Necessities (List Your Own Here)

#### Refrigerated/Frozen

1 pkg	(2 crusts) refrigerated 9-inch pie crusts	1
1 pkg	frozen peas	1
7	eggs	2,5
1 cup	shredded Cheddar cheese	3
4 oz	feta cheese	4
1 heaping tbsp	plain yogurt	5
1 heaping tbsp	cottage cheese	5
4 oz	cream cheese	5
	Gorgonzola cheese (optional side)	2

#### Produce:

1	onion	1,3
2	large carrots	1
2	large potatoes	1
2	stalks celery	1
2	tomatoes	3,5
¼ cup	fresh cilantro (optional)	3
1 head	Iceberg lettuce	2,3
12-16 oz	baby spinach	4
1	lemon	4
1	red onion (optional side)	5
1-2	cucumbers (optional side)	4

#### Shelved Items

1 can (10 ¾ oz)	condensed reduced-fat cream of chicken soup (or use cream of mushroom soup)	1
1 pkg (16 oz)	spaghetti	2
1 jar (26 oz)	red pasta sauce	2
2 cans (15 oz ea)	black-eyed peas (or use pinto beans)	3
1 can (15 oz)	unsweetened corn kernels	3
1 ¼ cup	mild salsa	3
1 pkg (12)	taco shells (or use corn or flour tortillas)	3
¼ cup	pine nuts	4
¼ cup	golden raisins or currants (opt)	4
4	bagels	5
	sourdough bread (optional side)	2
	dried cranberries (optional side)	2
	yellow rice (optional side)	3
	balsamic vinaigrette (optional side)	4

# The Six O'Clock Scramble, Winter Week 2

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Chicken Diablo
- 2) Flounder with Lemony Bread Crumb Topping
- 3) Greek Penne Pasta
- 4) Quesadillas with Spinach and Onions
- 5) Split Pea Soup with a Touch of Curry

### **Staples (things you may have)**

- 4 tbsp butter 1
- 1/3 cup Dijon mustard 1,2
- + 1 tsp
- 1/2 cup honey 1
- 1/3 cup bread crumbs 2
- 3/4 cup olive oil 2,3,4,5
- 2 1/2 tsp minced garlic (about 5 cloves) 2,5
- 1 tsp balsamic vinegar 3
- 1 tbsp sesame oil (optional side) 2
- 1 tbsp soy sauce (optional side) 2
- 1 tbsp teriyaki sauce (optional side) 2

### Spices:

- 3 tsp curry powder 1,5
- 1/4 tsp kosher salt 2
- 1 tsp salt 3,5
- 1 tsp pepper 1,3,5

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- 1 whole chicken cutup (or 8-12 chicken pieces of your choice) 1
- 2 (about 1-1 1/2 lbs total) flounder fillets 2

#### Refrigerated/Frozen

- 4 oz feta cheese 3
- 2 cups shredded Cheddar cheese (or a mixture of Cheddar and Monterey Jack Cheese) 4
- 1 cup low-fat sour cream or plain yogurt (opt) 5
- 1 pkg (8) soft-taco-sized flour or whole wheat tortillas 4
- Gorgonzola cheese (optional side) 5

#### Produce:

- 1/4 cup fresh parsley 2
- 1 lemon 1,2
- 1 bunch (1/4 lb) arugula (or use baby spinach) 3
- 4 plum tomatoes 3
- 10 fresh basil or mint leaves 3
- 1 onion 4
- 2 bags baby spinach 4,5
- (6-9 oz)
- 5 large carrots 2,5
- 4 stalks celery 5
- 3 new potatoes 5
- 1 large yellow onion 5
- asparagus (optional side) 1
- 1 red bell pepper (optional side) 2
- 2 scallions (optional side) 2
- corn on the cob or corn kernels (optional side) 4
- 1 orange (optional side) 5
- 1 avocado (optional side) 5

#### Shelved Items

- 1 pkg penne pasta or other similarly shaped pasta (16 oz) 3
- 1/2 cup pitted Kalamata olives 3
- 1 lb dried split green peas 5
- 1 cup salsa 4
- 2 cans or (29-32 oz) chicken or vegetable broth 5
- 1 box
- 1 loaf whole wheat bread (optional side) 5
- couscous (optional side) 1
- rice pilaf (optional side) 2
- 1 loaf bread (optional side) 3

# The Six O'Clock Scramble, Winter Week 3

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Hot Dog Creole
- 2) Bowties Alfredo with Broccoli
- 3) Lentil and Cheese Casserole (Vegetarian Meatloaf)
- 4) Tomato and Wild Rice Soup
- 5) Wild Salmon or Arctic Char with Chili-Lime Spice Rub

### **Staples (things you may have)**

- |            |   |       |
|------------|---|-------|
| 4 tbsp     | olive oil                               | 1,3,4 |
| few shakes | hot pepper sauce (such as Tabasco)      | 1     |
| 1 cup      | bread crumbs                            | 3     |
| 2 tbsp     | butter                                  | 2,3   |
| 2 tsp      | chopped/minced garlic (about 4 cloves)  | 2,3   |
| ½ cup      | grated Parmesan cheese                  | 2     |
| 1 tsp      | sugar                                   | 4     |
| 1 tsp      | brown sugar                             | 5     |
|            | rice (optional side)                    | 1     |
| 1-2 tbsp   | vegetable or peanut oil (optional side) | 1     |

### Spices:

- |         |              |       |
|---------|--------------|-------|
| 1 ½ tsp | chili powder | 1,5   |
| 1 tsp   | dried basil  | 2     |
| ¾ tsp   | pepper       | 2,3,4 |
| 1 ¼ tsp | salt         | 2,3,4 |
| ¼ tsp   | dried thyme  | 3     |
| ¼ tsp   | cinnamon     | 5     |
| 2       | bay leaves   | 4     |

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- |             |   |   |
|-------------|---|---|
| 1 pkg (4-5) | hot dogs (beef, chicken, turkey, or meatless) | 1 |
| 1-½ lbs     | Arctic Char or wild salmon fillet             | 5 |

#### Refrigerated/Frozen

- |        |   |   |
|--------|---|---|
| ½ cup  | reduced-fat ricotta or cottage cheese           | 2 |
| ½ cup  | plain nonfat or low-fat yogurt                  | 2 |
| 2 cups | shredded, regular or reduced-fat Cheddar cheese | 3 |
| 1      | egg   | 3 |

#### Produce:

- |             |   |       |
|-------------|---|-------|
| 2           | onions  | 1,3,4 |
| 1           | green, red, or yellow bell pepper                 | 1     |
| 2 heads     | broccoli  | 2     |
| 3           | large carrots                                     | 4     |
| 2           | stalks celery                                     | 4     |
| 3 lbs (6-8) | fresh tomatoes, or 1 can (28 oz) crushed tomatoes | 4     |
| 1           | lime  | 5     |
| 2 - 3       | 2-3 sweet potatoes (optional side)                | 1     |
| 1 bag       | fresh baby spinach (9 oz) (optional side)         | 3     |
| 1           | lemon (optional side)                             | 3     |
|             | artichokes (optional side)                        | 4     |
| 2           | kiwis (optional side)                             | 5     |
| 2           | mangoes (optional side)                           | 5     |
| 2           | bananas (optional side)                           | 5     |

#### Shelved Items

- |                   |   |     |
|-------------------|---|-----|
| 1 can (10 oz)     | unsweetened corn kernels                                    | 1   |
| 2 cans (15 oz ea) | tomato sauce  | 1,3 |
| ½ cup             | chopped walnuts   | 2   |
| 1 ½ cups          | lentils   | 3   |
| ¾ cup             | wild rice   | 4   |
| 1 box (32 oz)     | chicken or vegetable broth                                  | 4   |
| 1 pkg (16 oz)     | bowtie pasta  | 2   |
|                   | rice pilaf with lentils (made by Near East) (optional side) | 5   |
|                   | loaf of fresh bread (optional side)                         | 4   |

# The Six O'Clock Scramble, Winter Week 4

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Easy Baked Ziti
- 2) Pumpkin Black Bean Soup
- 3) Mediterranean Chicken with Tomatoes and Olives
- 4) Baked Sausage and Egg Casserole
- 5) Southwestern Bulgur Pilaf

### **Staples (things you may have)**

- 3 tbsp grated parmesan cheese 1
- 1 tbsp vegetable oil 2
- 2 ½ chopped/minced garlic 2,3
- tsp (about 5 cloves)
- 2 tbsp dry sherry 2
- 1 tbsp olive oil 3
- 2 skim milk 4
- cups
- 2 tbsp butter (optional side) 1
- 2 tbsp bread crumbs (optional side) 1
- 1 tbsp orange juice (optional side) 5

### Spices:

- 1 tsp salt 2,4
- ¼ tsp pepper 2
- 1 tsp cumin 2
- 1 tsp dried oregano or 1 tbsp fresh 3
- 1 tsp dried basil or 1 tbsp fresh 3
- ¾ tsp dry mustard 4
- ¼ tsp cinnamon 5

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- 1-2 cups cooked meat (such as sausage or chicken) 1  
(optional)
- 1 pkg (4) boneless, skinless chicken breast halves 3
- 1 lb sausage (turkey, pork, or vegetarian) 4

#### Refrigerated/Frozen

- 1 cup low-fat cottage cheese 1
- 1 cup chopped or shredded mozzarella cheese 1
- 1 cup sour cream (optional) 2
- 3 cups shredded Cheddar cheese 4,5
- 9 eggs 4
- goat cheese (optional side) 2
- tortillas (optional side) 4

#### Produce:

- 1-2 cups raw vegetables (peas, bell peppers, mushrooms, zucchini) 1
- 2 onions 2,3
- 1 small green or red bell pepper 5
- 1 lemon 5
- 1 head cauliflower (optional side) 1
- 1 tbsp parsley (optional side) 1
- 1 head lettuce (optional side) 2
- strawberries (optional side) 4
- shredded carrots (optional side) 5
- 1-2 apples (optional side) 5

#### Shelved Items

- 1 pkg (16 oz) ziti pasta 1
- 1 jar (26 oz) red pasta sauce 1
- 2 cans (15 oz ea) black beans 2,5
- 1 can (15 oz) whole tomatoes 2
- 1 can (15 oz) pumpkin 2
- 3 ½ cups vegetable or chicken broth 2
- 1 can (15 oz) diced tomatoes 3
- ½ cup pitted green olives 3
- 1 can (4 oz) green chilies 4
- 1 ½ cup bulgur wheat 5
- 2 cans (15 oz ea) chicken or vegetable broth 5
- 1 can (15 oz) unsweetened corn kernels 5
- serving salsa 4,5
- corn muffin mix (optional side) 2
- 1 can beets (optional side) 2
- glazed walnuts (optional side) 2
- couscous (optional side) 3
- biscuits (optional side) 4

# The Six O'Clock Scramble, Winter Week 5

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Fried Rice with Shrimp (or Tofu or Chicken)
- 2) Molly's Spiced Chicken Quesadillas
- 3) Baked Macaroni and Cheese with Tomatoes
- 4) Potato and Goat Cheese Spanish "Tortilla"
- 5) Soba Noodle Soup with Shiitake Mushrooms

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- |         |  |   |
|---------|--|---|
| ½ lb    | shrimp, peeled and deveined (or use extra-firm tofu or chicken breast) | 1 |
| 1 ½ lbs | boneless, skinless chicken breasts                                     | 2 |
| ½ cup   | ham (or use smoked turkey, sundried tomatoes, sliced mushrooms)        | 4 |

### **Staples (things you may have)**

- |          |                         |     |
|----------|-------------------------|-----|
| 1 ½ cups | dry white rice          | 1   |
| 2 tbsp   | peanut or vegetable oil | 1   |
| 5 tbsp   | soy sauce               | 1,5 |
| 4 tbsp   | olive oil               | 2,4 |
| 1 ¼ cups | skim milk               | 3,4 |
| 1 tsp    | butter                  | 3   |
| 2 tbsp   | bread crumbs            | 3   |

#### Refrigerated/Frozen

- |            |   |       |
|------------|---|-------|
| 8          | eggs  | 1,3,4 |
| 1 cup      | frozen peas (or use water chestnuts, straw mushrooms, or carrots) | 1     |
| 2 cups     | shredded Monterey Jack cheese or Cheddar cheese                   | 2     |
| 2 ¼ cups   | shredded Cheddar cheese   | 3     |
| 3 tbsp     | goat cheese or feta cheese  | 4     |
| 1 pkg (10) | soft-taco-sized flour or whole wheat tortillas                    | 2     |
|            | Asian dumplings or egg rolls (optional side)                      | 1     |
|            | lightly salted edamame (optional side)                            | 5     |

### Spices:

- |       |                   |       |
|-------|-------------------|-------|
| ½ tsp | black pepper      | 1     |
| ½ tsp | cumin             | 2     |
| 2 tsp | salt              | 2,3,4 |
| ½ tsp | cinnamon          | 2     |
| ½ tsp | chili powder      | 2     |
| 1 tsp | dry mustard       | 3     |
| ½ tsp | dried rosemary    | 4     |
| ¼ tsp | pepper            | 4     |
| ¼ tsp | five-spice powder | 5     |

#### Produce:

- |        |   |     |
|--------|---|-----|
| 8      | scallions   | 1,5 |
| 1      | red onion   | 2   |
| 2 cups | baby arugula or baby spinach leaves (opt)         | 2   |
| 3      | tomatoes (or 1 can (15 oz) diced tomatoes)        | 3   |
| 2      | (about ¾ lb) medium Yukon Gold or Russet potatoes | 4   |
| 1      | medium onion                                      | 4   |
| 8      | (¾ cup) dried shiitake mushrooms                  | 5   |
|        | red pepper (optional side)                        | 2   |
| 1      | lime (optional side)                              | 2   |
| ½ cup  | fresh cilantro (optional side)                    | 2   |
|        | broccoli (optional side)                          | 3   |
| 1      | melon (optional side)                             | 4   |

### Other Necessities (List Your Own Here)

#### Shelved Items

- |               |   |   |
|---------------|---|---|
| 2             | individual packets miso soup mix or 2 tbsp miso paste | 5 |
| 8 oz (2 cups) | macaroni  | 3 |
| 10 oz         | soba noodles  | 5 |
| 1 carton      | (32 oz) chicken broth                                 | 5 |
|               | bread or toast (optional side)                        | 4 |
| 1 can (15 oz) | black beans (optional side)                           | 2 |
| 1 can (14 oz) | corn kernels (optional side)                          | 2 |

# The Six O'Clock Scramble, Winter Week 6

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Chicken Tarragon in a Pastry Packet
- 2) Broiled Salmon with Mustard-Soy Crust
- 3) Mushroom Tortellini with Roasted Vegetables
- 4) Easy-Cheesy Tortilla Skillet
- 5) Mushroom Barley Soup

### **Staples (things you may have)**

2 tbsp	butter	1
1 cup	flour	1
¼ cup	grainy Dijon mustard	2
3 tbsp	soy sauce	2,3
3 tbsp	olive oil	3
3 tbsp	balsamic vinegar	3
3 tbsp	vegetable oil	4,5
3 tbsp	sherry	5
1 tbsp	sesame oil (optional side)	2
2 tsp	minced garlic (optional side)	2
2 tsp	mayonnaise (optional side)	5

### Spices:

½ tsp	dried tarragon or 1 tsp fresh	1
1 tsp	garlic powder	1,5
¼ tsp	salt	1
⅓ tsp	pepper	1
½ tsp	kosher salt	3

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

1 pkg (4)	boneless, skinless chicken breast halves	1
1 ½ - 2 lbs	salmon fillets	2

#### Refrigerated/Frozen

1 can (8 oz)	crescent roll dough	1
5	eggs	1,4
⅔ cup	shredded Cheddar cheese	4
	vanilla yogurt (optional side)	4

#### Produce:

1	lemon	1
½ lbs	(about 2) tomatoes	3
½ lbs	eggplant (use one small Asian eggplant if available)	3
½ lbs	(1-2) yellow squash	3
1 tsp	fresh rosemary, or ¼ tsp dried	3
1 cup	dried mushrooms, such as porcinis or morels	3
1 tsp	fresh thyme, or ¼ tsp dried	3
1	large onion	5
1 ½ lbs	(24 oz) sliced fresh mushrooms	5
6	celery stalks	5
3	carrots	5
	corn on the cob (optional side)	1
1 lb	broccoli (optional side)	2
	pears (optional side)	3
	clementines or tangerines (optional side)	4
2	apples (optional side)	5

#### Shelved Items

12 oz	mushroom tortellini (use dried rather than fresh is possible)	3
2 cups	tortilla chips	4
1 cup	chunky salsa	4
1 cup	pearl barley (use quick-cooking if your market carries it)	5
3 boxes	(32 oz) chicken or vegetable broth	5
	whole grain bread (optional side)	3
	loaf of bread (optional side)	5
handful	walnuts (optional side)	5
1 tbsp	pineapple juice (optional side)	5

# The Six O'Clock Scramble, Winter Week 7

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Baked Spaghetti
- 2) California Rollos
- 3) Tuscan White Bean Soup with Sourdough Croutons
- 4) Ma Po Tofu (Chinese Tofu and Ground Pork)
- 5) Polenta Casserole with Roasted Red Peppers and Chopped Olives

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- 1 pkg (4 oz) imitation crab legs (sometimes called surimi) 2
- 1 lb ground pork (or use turkey or vegetarian ground "meat") 4
- 1 lb extra-firm tofu 4
- bacon or bacon bits (optional side) 3

### **Staples (things you may have)**

- ¼ cup parmesan cheese 1,3
- ¼ cup soy sauce 2,4
- 4 tbsp olive oil 3
- 3 tsp minced/chopped garlic (about 6 cloves) 3,4
- 2 tbsp sherry (opt.) 3
- 1 tbsp cornstarch 4
- 1 tsp vegetable oil 4
- 2 tbsp balsamic vinegar 5
- ½ cup skim milk 5
- 4 eggs 1

### Spices:

- ¼ tsp kosher salt 3

### Other Necessities (List Your Own Here)

### Refrigerated/Frozen

- 3 cups shredded part-skim mozzarella cheese 1,5
- 2 cups frozen chopped broccoli 1
- 6 soft-taco-sized flour tortillas 2
- peas (optional side) 4

### Produce:

- 1 red bell pepper 1
- 2 avocados 2
- 1-2 cucumbers 2
- 1 pkg alfalfa or broccoli sprouts 2
- 1 large yellow onion (preferably vidalia) 3
- 10 fresh basil leaves 3
- 6 scallions 4
- 1 head (8-10 leaves) Iceberg lettuce 4
- 1 chunk fresh ginger (1 ½ tbsp chopped ginger) 4
- 1 melon (optional side) 1
- 1 bag baby spinach (optional side) 3
- grapes (optional side) 3
- green beans (optional side) 4

### Shelved Items

- ½ lb spaghetti 1
- 4 cups red pasta sauce 1,5
- 1 tbsp wasabi (Japanese horseradish) (opt.) 2
- 2 cans (15 oz ea) cannellini beans 3
- 3 cans (15 oz ea) chicken or vegetable broth 3,4
- 1 1 loaf sourdough bread 3
- 1 tube (18-24 oz) plain prepared polenta 5
- 4 tbsp hoisin sauce 4
- 1 can (7 oz) chopped black olives 5
- 1 jar (7 oz) roasted red peppers 5
- whole grain rolls (optional side) 5
- miso soup (optional side) 2
- ginger salad dressing (optional side) 2

# The Six O'Clock Scramble, Winter Week 8

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Beef and Mushrooms in a Light Cream Sauce
- 2) Savory Shrimp and Mozzarella Melt
- 3) Light Cheese Tortellini with Broccoli
- 4) Winter Vegetable Curry with Lentils
- 5) Savory Udon Noodle Soup

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- 1 lb choice Angus stewing meat or beef tenderloin tips 1
- 1 lb shrimp 2
- 1 cake tofu or ½ lb peeled & deveined shrimp 5

### **Staples (things you may have)**

#### Refrigerated/Frozen

- 1 cup reduced-fat sour cream 1
- 8 oz fresh mozzarella cheese (or use 2 cups of shredded) 2
- 2 pkgs (9 oz ea) cheese tortellini 3
- 1 ½ cups lowfat plain yogurt (optional side) 4

#### Produce:

- 2 pkgs (8 oz ea) sliced mushrooms 1,5
- 3 large celery stalks 1
- 1 tsp minced fresh or dried dill 1
- 1 red onion 3
- 3 heads broccoli 3
- 1 large onion 4
- 1 ½ lbs sweet potatoes (1-2, depending on size) 4
- 1 head cauliflower 4
- 2 scallions 5
- 1 bunch fresh cilantro 5
- 1 lime 5
- 1 cup baby spinach (optional) 5
- potatoes (optional side) 1
- 1 head lettuce (optional side) 2
- 1 avocado (optional side) 2
- 1 tsp fresh ginger or a few shakes ginger powder (optional side) 5
- asparagus (optional side) 5

### Spices:

- ¼ tsp red pepper flakes (opt.) 2
- ⅓ tsp pepper 3
- 2 tbsp curry powder 4
- ½ tsp ground ginger 4
- 1 tsp kosher salt 4
- 1 tsp sesame seeds (optional side) 5

### Other Necessities (List Your Own Here)

#### Shelved Items

- 2 jars (6 oz ea) marinated artichoke hearts 2
- 1 ½ cups vegetable or chicken broth 3
- 1 cup brown lentils 4
- 2 cans (15 oz ea) diced tomatoes 4
- 1 pkg (10 oz) udon noodles 5
- 4 cups chicken or vegetable broth 5
- 1 tbsp fish sauce (or use soy sauce) 5
- egg noodles (optional side) 1
- loaf of crusty bread (optional side) 2
- loaf of whole grain bread (optional side) 3
- 1 pkg pita bread (optional side) 4

# The Six O'Clock Scramble, Winter Week 9

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Coconut Chicken with Mango
- 2) Black Bean Burgers
- 3) Creamy Broccoli Noodle Casserole
- 4) Sauteed Tilapia with Baby Spinach
- 5) Andrew's Amazing Pizza

### **Staples (things you may have)**

7 tbsp	olive oil	1,4,5
4	eggs	2,3
1 cup	plain bread crumbs	2,3
1 tbsp	balsamic vinegar	2
1/3 cup	yellow cornmeal	2,5
3 tbsp	vegetable oil	2
3 tbsp	butter	3
1/2 tsp	minced garlic (about 1 clove)	4
1/4 cup	flour	5
	Parmesan cheese (optional side)	5
	rice (optional side)	1
2 tbsp	peanut or vegetable oil (optional side)	2
<b><u>Spices:</u></b>		
1 1/4 tsp	salt	1,2,4
1/4 tsp	dried oregano	2
1/4 tsp	pepper	2,4
	pinch of rosemary (optional side)	2

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

1 - 1 1/2 lbs	boneless, skinless chicken breasts	1
4	(about 1 1/2 lbs) tilapia fillets	4
1 pkg	pepperoni (optional)	5

#### Refrigerated/Frozen

3 cups	low-fat ricotta or cottage cheese	3
1 cup	reduced-fat sour cream	3
1 cup	shredded Cheddar cheese	3
1	pizza dough	5
8 oz	fresh mozzarella or shredded Mozzarella cheese	5
	peas (optional side)	1

#### Produce:

1	mango, or 1 cup frozen mango	1
1	red onion	2
2	stalks fresh broccoli (florets and stems)	3
8 oz	sliced mushrooms	3
	mushrooms, onion, fresh basil and/or garlic for pizza (optional)	5
1-2	large onions	3,5
9-12 oz	baby spinach	4
2	lemons	4
	potatoes (optional side)	2
1 head	1 head lettuce (optional side)	3,5

#### Shelved Items

1 1/4 cups	light coconut milk	1
3 tbsp	mango chutney (sold with Indian foods)	1
1 can (15 oz)	black beans	2
1 tbsp	tomato paste	2
1 pkg (6)	whole grain hamburger buns	2
1/4 cup	white wine	3
1 bag (12 oz)	wide, flat egg noodles	3
1 cup	tomato sauce or red pasta sauce	5
	couscous (optional side)	4
	dried cranberries (optional side)	5

# The Six O'Clock Scramble, Winter Week 10

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Spiced Chicken with Maple Butter Glaze
- 2) Manhattan Clam (or Clamless) Chowder
- 3) Warm Eggplant Pita Sandwiches
- 4) Broccoli and Cheddar Stuffed Potatoes
- 5) Rotini with Goat Cheese and Bacon

### **Staples (things you may have)**

- |       |   |         |
|-------|---|---------|
| 5 ½   | butter (or margarine #4)                            | 1,2,4,5 |
| 1     | tblsp   |         |
| 1 ½   | Dijon mustard                                       | 1       |
| 1     | tblsp   |         |
| 1 cup | bread crumbs (¼ cup grated<br>Parmesan cheese opt.) | 3       |
| 2     | eggs  | 3       |
| ⅓ cup | low-fat milk  | 4       |
| 2 tsp | mayonnaise (optional side)                          | 4       |

### Spices:

- |     |       |  |     |
|-----|-------|--|-----|
| 1 ½ | tsp   | paprika                                    | 1   |
| 1 ¼ | tsp   | salt                                       | 1,2 |
| ¾   | tsp   | cinnamon                                   | 1   |
| ¾   | tsp   | cumin                                      | 1   |
| 2   | tblsp | dried thyme                                | 2   |
| ½   | tsp   | pepper                                     | 1,2 |
| 1   | tsp   | herbes de Provence (or use<br>dried thyme) | 5   |
| ½   | tsp   | kosher salt (optional side)                | 1   |

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- |      |                                     |   |
|------|-------------------------------------|---|
| 1    | whole chicken, cut-up (4-5 lbs)     | 1 |
| 8 oz | bacon (turkey, pork, or vegetarian) | 5 |
| 1    | roasted chicken (optional side)     | 4 |

#### Refrigerated/Frozen

- |          |                         |   |
|----------|-------------------------|---|
| 6 oz     | feta cheese             | 3 |
| 1 ½ cups | shredded Cheddar cheese | 4 |
| 4 oz     | goat cheese             | 5 |
| 1 cup    | frozen peas (optional)  | 5 |

#### Produce:

- |         |  |     |
|---------|--|-----|
| 4       | large onions                             | 2   |
| 6       | celery stalks                            | 2,4 |
| 6       | carrots                                  | 2   |
| 6       | large potatoes (4 large baking potatoes) | 2,4 |
| 1 bunch | fresh parsley                            | 2   |
| 1       | large eggplant                           | 3   |
| 2       | tomatoes                                 | 3   |
| 1 head  | broccoli                                 | 4   |
| 1       | small red onion                          | 5   |
| 1       | lemon (optional side)                    | 1   |
| 1       | asparagus (optional side)                | 1   |
| 1 head  | lettuce (optional side)                  | 3   |
| 1       | cucumber (optional side)                 | 3   |
| 2       | apples (optional side)                   | 4   |
| 1 bag   | spinach (optional side)                  | 5   |
| 1       | orange (optional side)                   | 5   |

#### Shelved Items

- |         |        |   |     |
|---------|--------|---|-----|
| 3       | tblsp  | maple syrup (if possible, use pure maple syrup)           | 1   |
| 2       | cans   | condensed tomato soup                                     | 2   |
| (10 ¾   | oz ea) |   |     |
| 2       | cans   | tomato sauce  | 2   |
| (15 oz  | ea)    |   |     |
| 1       | can    | unsweetened corn kernels                                  | 2   |
| (10 oz) |        |   |     |
| 1       | can    | whole clams (optional)                                    | 2   |
| (10 oz) |        |   |     |
| 1       | cup    | tahini sauce, red pasta sauce, or plain yogurt (optional) | 3   |
| 1       | bag    | pita pockets  | 3   |
| 2       | tblsp  | salsa (optional)  | 4   |
| 1       | pkg    | rotini or other spiral-shaped noodles                     | 5   |
| (16 oz) |        |   |     |
| ½       | cup    | chicken broth   | 5   |
|         |        | soup crackers (optional side)                             | 2   |
| handful |        | walnuts (optional side)                                   | 4,5 |
| 1       | tblsp  | pineapple juice (optional side)                           | 4   |

# The Six O'Clock Scramble, Winter Week 11

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

Recipe Cross Reference	Ingredients (cross off things you already have)
1) Chicken (Nuggets!) with Caramelized Onions	<u>Meat and Fish</u>
2) Quinoa and Black Bean Burritos	4 (about 1 ½-2 lbs) boneless, skinless chicken breast halves 1
3) Maryland Crab Cakes	1 lb fresh lump crab meat 3
4) Baked Artichoke Pasta	1 pkg (8-10 slices) bacon (turkey, pork, or vegetarian) 5
5) Cobb Salad	
	<u>Refrigerated/Frozen</u>
<b>Staples (things you may have)</b>	1 cup frozen corn kernels 2
4 tbsp butter 1,3	8 large flour or whole wheat tortillas 2
1 ¾ cups Italian-style bread crumbs 1,4	½ cup blue cheese 5
7 tbsp olive oil 1,2,3,4	<u>Produce:</u>
3 ½ tsp chopped garlic (about 7 cloves) 2,4	3 large sweet onions (preferably Vidalia) 1
¾ cup light mayonnaise 3,4	1 onion 2
1 tbsp Worcestershire sauce 3	1 bunch fresh cilantro 2
1 cup shredded Parmesan cheese 4	1 lemon 3
5 eggs 1,3,5	2 tbsp chives (or use scallions) 3
	1 small head romaine lettuce 5
	2 tomatoes 5
	1 ripe avocado 5
<u>Spices:</u>	1 bag grapes (optional side) 1
1 tsp ground cumin 2	1 bag green beans (optional side) 2
1 tbsp Old Bay seasoning 3	1 bag corn on the cob (optional side) 3
½ tsp kosher salt (optional side) 4	1 bag baby carrots (optional side) 4
¼ tsp pepper (optional side) 4	1 bag oranges (optional side) 5
<u>Other Necessities (List Your Own Here)</u>	<u>Shelved Items</u>
	¾ cup quinoa 2
	1 ½ cups vegetable or chicken broth 2
	2 cans black beans (15 oz ea) 2
	1 cup salsa 2
	1 cup stoned wheat crackers (about 12 crackers) or bread crumbs 3
	1 can (14 oz) quartered artichoke hearts 4
	1 jar (6 oz) quartered and marinated artichoke hearts 4
	¼ cup pine nuts 4
	⅓ cup balsamic vinaigrette dressing 5
	couscous (optional side) 1
	cocktail sauce (optional side) 3
	English muffins (optional side) 3
	loaf french bread (optional side) 5

# The Six O'Clock Scramble, Winter Week 12

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Taco Chili with Cilantro Sour Cream
- 2) Ravioli Lasagna
- 3) Tangy Flank Steak
- 4) Zesty Baked Salmon
- 5) Spinach and Mushroom Omelets

### **Staples (things you may have)**

- |       |                         |         |
|-------|-------------------------|---------|
| 3 ½   | chopped/minced garlic   | 1,3,4,5 |
| tsp   | (about 7 cloves)        |         |
| ½ cup | Dijon mustard           | 3,4     |
| ¼ cup | olive oil               | 4,5     |
| ½ cup | bread crumbs            | 4       |
| 10    | butter                  | 3,5     |
| tbsp  |                         |         |
| 1 cup | milk                    | 3,5     |
|       | ketchup (optional side) | 5       |
|       | rice (optional side)    | 1       |

### Spices:

- |         |                             |       |
|---------|-----------------------------|-------|
| 1 tbsp  | chili powder                | 1     |
| 1 tsp   | cinnamon                    | 1     |
| 1 ¾ tsp | salt                        | 1,3,5 |
| 1 tbsp  | dried thyme                 | 3     |
| 1 tsp   | pepper                      | 3,4,5 |
| ½ tsp   | kosher salt (optional side) | 4     |

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- |         |  |   |
|---------|--|---|
| 1 lb    | ground beef, turkey, chicken, or vegetarian  | 1 |
|         | ground "meat"                                |   |
| 1 cup   | turkey sausage (optional)                    | 2 |
| 2 lbs   | flank steak                                  | 3 |
| 1 ½ lbs | thin salmon fillet (preferably wild Alaskan) | 4 |

#### Refrigerated/Frozen

- |         |  |     |
|---------|--|-----|
| 1 ½     | low-fat sour cream                         | 1,3 |
| cups    |  |     |
| 1 pkg   | (family-sized) refrigerated cheese or meat | 2   |
| (20 oz) | ravioli                                    |     |
| 1 ½     | shredded reduced-fat mozzarella cheese     | 2   |
| cups    |  |     |
| 2 cups  | shredded Cheddar cheese                    | 5   |
| 12      | eggs                                       | 5   |

#### Produce:

- |              |   |     |
|--------------|---|-----|
| 1            | lime                                      | 1   |
| 1 bunch      | fresh cilantro                            | 1   |
| 1            | red bell pepper                           | 2   |
| 1 cup        | shredded carrots                          | 2   |
| 1 bunch      | fresh parsley                             | 4   |
| 1 lb         | sliced mushrooms                          | 5   |
| 1 bag (6 oz) | fresh spinach                             | 5   |
|              | mango (optional side)                     | 1   |
|              | green beans (optional side)               | 2   |
|              | potatoes (1-2 per person) (optional side) | 3,5 |
| 1 lb         | asparagus (optional side)                 | 4   |
| 1            | lemon (optional side)                     | 4   |
| 1            | onion (optional side)                     | 5   |

#### Shelved Items

- |                 |                               |   |
|-----------------|-------------------------------|---|
| 1 can (15 oz)   | kidney beans                  | 1 |
| 1 can (15 oz)   | unsweetened corn kernels      | 1 |
| 1 can (15 oz)   | Italian-style stewed tomatoes | 1 |
| 1 jar (26 oz)   | red pasta sauce               | 2 |
| 1 bottle (8 oz) | vinaigrette salad dressing    | 3 |
| ½ cup           | pitted green olives           | 4 |
|                 | rice pilaf (optional side)    | 4 |
|                 | salsa (optional side)         | 5 |

# The Six O'Clock Scramble, Winter Week 13

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Moroccan Chicken
- 2) Fettuccini with Chickpea Sauce
- 3) Breaded Tilapia with Garlic-Lime Sauce
- 4) Baked Eggplant Parmesan
- 5) Wild Rice and Corn Casserole

### **Staples (things you may have)**

2 tbsp	soy sauce	1
½ cup	olive oil	1,2,3
2 tsp	chopped garlic (about 4 cloves)	2,3
⅓ cup	grated Parmesan cheese	2,4
1 cup	flour	3,4
1 tsp	butter	3
1	egg	4
1 ½ tsp	bread crumbs	4
1 cup	skim milk	5
	vegetable or peanut oil (optional side)	1
	rice (optional side)	3

### Spices:

1 tsp	curry powder	1
¼ tsp	cinnamon	1
1 ½ tsp	dried oregano	2
2	bay leaves	2
½ tsp	kosher salt	2
½ tsp	salt	3,5
¼ tsp	pepper	3
1 tbsp	chili powder	5
½ tsp	cumin	5

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

1 ½ lbs	boneless, skinless chicken breasts or thighs	1
1 ½ lbs	tilapia fillets	3

#### Refrigerated/Frozen

2 cups	shredded part-skim mozzarella cheese	4
2 cups	shredded Cheddar cheese	5

#### Produce:

1	red bell pepper	1
1 cup	carrot chips (carrots cut in ridges)	1
2	medium onions	2,5
1 bunch	fresh basil leaves, or 1 tbsp dried	2
3	medium tomatoes	2
1	lime	3
2	scallions	3
1	medium eggplant	4
2 – 3	medium sweet potatoes (optional side)	1
	zucchini (optional side)	2
	green beans (optional side)	3
1 head	lettuce (optional side)	4
2-4	kiwis (optional side)	5

#### Shelved Items

¼ cup	currants or raisins	1
¼ cup	currant jelly (or use apricot jelly or jam)	1
1 pkg (16 oz)	fettuccini	2
1 can (15 oz)	chickpeas	2
1 jar (26 oz)	red pasta sauce	4
1 cup	dry wild rice	5
1 can (15 oz)	corn kernels (or use 1 ½ cup frozen corn kernels)	5
1 can (4 oz)	chopped green chilies	5
1 ½ cups	mild fire-roasted salsa	5
	couscous (optional side)	1
1 loaf	1 loaf bread (optional side)	2
1 pkg	1 pkg spaghetti (optional side)	4
¾ cup	white wine	1,3

# The Six O'Clock Scramble, Spring Week 1

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Chicken Tikka
- 2) Cool Rice Pilaf Salad
- 3) Classic Tuna Casserole
- 4) Sweet Potato Pancakes (or Burgers)
- 5) Cuban Black Beans and Rice

### **Staples (things you may have)**

3 tsp	chopped/minced garlic (about 6 cloves)	1,5
1 ½	peanut oil	1
3 tbsp	butter	1,5
2 tbsp	olive oil	2
4	eggs	3,4
¾ cup	Italian-style bread crumbs	3
½ cup	flour	4
6 tbsp	vegetable oil	4
1 ½ cups	dry white or brown rice	5
2 tbsp	red wine vinegar	2
	grated Parmesan cheese (optional side)	3

### Spices:

2 tsp	cumin	1,5
2 tsp	curry powder	1
1 tsp	salt	4
¼ tsp	cayenne pepper (opt.)	4
½ tsp	thyme	5
½ tsp	pepper	5

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

4-5	(about 1 1/2-2 lbs) boneless, skinless chicken breast halves	1
1 cup	cooked chicken (optional)	2

#### Refrigerated/Frozen

1 ¼ cup	(10 oz) plain reduced-fat yogurt	1
1 cup	peas	3
¾ cup	shredded Cheddar cheese	3
1 ½ cups	sour cream or plain yogurt for serving	4,5
	Gorgonzola cheese (optional side)	4
	hummus dip (optional side)	2

#### Produce:

1	(1 inch) chunk ginger root	1
1	lime	1
2	plum tomatoes	2
2 cups	shredded carrots (or use matchstick carrots)	3,4
1	large sweet potato	4
1	large white potato	4
1	medium onion	4
1	medium leek	5
1	red bell pepper	5
1	stalk celery	5
1	lemon	5
	carrots (optional side)	1
	lettuce for salad (optional side)	3,4
	mango (optional side)	5
2	scallions	2

#### Shelved Items

2 cans (15 oz ea)	black beans	5
1 box	Basmati rice mix (optional side)	1
2 boxes (16 oz ea)	Near East (or similar brand) rice pilaf mix	2
6	stalks hearts of palm	2,3
10	sundried tomatoes, marinated in oil	2
20	pitted Kalamata olives	2
6 oz	wide egg noodles	3
1 can (13 oz)	sliced mushrooms	3
1 can (7 oz)	chunk light tuna in water	3
1 can (10 oz)	reduced-fat cream of celery soup	3
½ cup	vegetable or chicken broth	5
	applesauce (optional side)	4
	chutney (optional side)	1
	pita bread (optional side)	2
	sunflower seeds (optional side)	4
	english muffins or rolls (optional)	4

# The Six O'Clock Scramble, Spring Week 2

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Baked Turkey Breast with Roasted Potatoes
- 2) Wild Mushroom Risotto with Shrimp and Peas
- 3) Baked Penne with Sausage, Spinach, and Tomatoes
- 4) Sweet and Crunchy Chinese Salad
- 5) Classic Meatloaf

### **Staples (things you may have)**

- |        |                                      |     |
|--------|--------------------------------------|-----|
| ½ cup  | orange juice                         | 1   |
| 3 tbsp | olive oil                            | 2,5 |
| 1 ½    | minced garlic (about 3 cloves)       | 3   |
| tsp    |                                      |     |
| 1 ¼    | grated Parmesan cheese               | 3   |
| cups   |                                      |     |
| ¼ cup  | vegetable oil                        | 4   |
| 1 tbsp | soy sauce                            | 4   |
| 2 tbsp | sugar (use superfine if you have it) | 4   |
| ⅓ cup  | butter (or margarine)                | 3,4 |
| 1      | egg                                  | 5   |
| 1 cup  | milk                                 | 5   |
| 1 cup  | Italian-style bread crumbs           | 5   |
| ½ cup  | red wine vinegar                     | 4   |
|        | ketchup (optional side)              | 5   |

### Spices:

- |       |                              |     |
|-------|------------------------------|-----|
| 1 tsp | garlic powder                | 1,5 |
| ½ tsp | paprika                      | 1   |
| ¼ tsp | red pepper flakes (optional) | 3   |
| ¾ tsp | salt                         | 5   |
| ½ tsp | pepper                       | 5   |
| 1 tsp | oregano (optional side)      | 5   |

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- |       |   |   |
|-------|---|---|
| 1     | (about 2 ½ lbs) bone-in, skin on, turkey breast | 1 |
| 1 lb  | medium shrimp, peeled and deveined              | 2 |
| 1 lb  | hot Italian sausage (turkey, pork, or beef)     | 3 |
| ¾ lb  | cooked chicken (optional)                       | 4 |
| 2 lbs | ground beef, chicken, or turkey                 | 5 |

#### Refrigerated/Frozen

- |           |                                   |   |
|-----------|-----------------------------------|---|
| 1 ½ cups  | frozen peas                       | 2 |
| 1 7 oz    | refrigerated prepared pesto sauce | 3 |
| container |                                   |   |
| 8 oz      | shredded mozzarella cheese        | 3 |
|           | Chinese dumplings (optional side) | 4 |

#### Produce:

- |                |  |   |
|----------------|--|---|
| 1              | sweet potato   | 1 |
| 1              | white potato   | 1 |
| 1              | red apple  | 1 |
| 1              | medium onion   | 3 |
| 1 bag (6-9 oz) | baby spinach   | 3 |
| 1 head         | bok choy (Chinese lettuce) or romaine lettuce (or use a combination of both) | 4 |
| 4              | scallions  | 4 |
|                | kiwi (optional side)   | 2 |
|                | banana (optional side)   | 2 |
| 1 lb           | green beans (optional side)  | 3 |
|                | baking potatoes (optional side)  | 5 |
| 1 stalk        | celery (optional side)   | 1 |
|                | mango (optional side)  | 2 |

#### Shelved Items

- |                      |  |   |
|----------------------|--|---|
| 1 cup                | chicken or vegetable broth   | 1 |
| ½ cup                | maraschino or white wine   | 1 |
| 3 tbsp               | Kitchen Bouquet (a meat browning sauce) or soy sauce                     | 1 |
| ¼ cup                | red currant jelly (or use apricot jelly)                                 | 1 |
| 2 boxes (5.45 oz ea) | wild mushroom risotto mix (try to get a brand with microwave directions) | 2 |
| 12 oz                | penne pasta (or any medium tube-shaped pasta)                            | 3 |
| 1 can (28 oz)        | diced peeled tomatoes  | 3 |
| 1 can (15 oz)        | tomato sauce   | 5 |
| 2 pkgs (3 oz ea)     | Top Ramen brand Oodles of Noodles, any flavor                            | 4 |
| ½ cup                | slivered almonds   | 4 |
| ½ cup                | dried cranberries (or use 1 can Mandarin oranges)                        | 4 |
|                      | English muffins (optional side)  | 5 |
|                      | stuffing mix (optional side)   | 1 |
| 1 can                | cranberry sauce (optional side)  | 1 |
| handful              | handful of walnuts   | 1 |
| 1 loaf               | bread  | 3 |

# The Six O'Clock Scramble, Spring Week 3

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Chicken and Broccoli Casserole
- 2) Rotini with Chunky Red Clam (or Vegetable) Sauce
- 3) Ratatouille with Fresh Basil
- 4) Veggie Delight Sandwiches
- 5) Saffron Bean Salad

### **Staples (things you may have)**

- ¼ cup italian-style bread crumbs 1
- 1/3 cup olive oil 1,2,3,4
- 2 tsp chopped garlic (about 4 cloves) 2,3
- 2 tsp sugar 2
- ⅓ cup balsamic vinegar 5
- Parmesan cheese (optional side) 2

### Spices:

- 1 tsp curry powder 1
- 1 tsp dried basil 2
- ½ tsp dried oregano 2
- ¼ tsp salt 2
- ½ tsp dried thyme or 1 ½ tsp fresh thyme 3
- 1 tsp kosher salt 3
- ¼ tsp pepper 3

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- 2 (about 1 lb total) boneless, skinless chicken breast halves 1

#### Refrigerated/Frozen

- ½ cup plain yogurt 1
- ½ cup shredded Cheddar cheese 1
- 1 small veggie cream cheese container 4
- sour cream (optional side) 5
- flour or whole wheat tortillas (optional side) 5
- 6 eggs (optional side) 4
- 1 tbsp cottage cheese (optional side) 4

#### Produce:

- 1 head (large) broccoli 1
- 1 lemon 1
- 2 red or green bell peppers 2,3
- 1 yellow onion 2
- 3 carrots 2
- 1 large onion 3
- 1 small eggplant 3
- 1 zucchini 3
- 1 bunch fresh basil leaves 3
- 1 cucumber 4
- 1 pkg alfalfa sprouts 4
- 1 tomato (optional) 4
- 6 plum tomatoes (or use 4 regular tomatoes) 5
- 1 small red onion 5
- 1 bunch cilantro 1
- cantaloupe (optional side) 1
- parsley (optional side) 1
- 1 head lettuce (optional side) 2
- 4 – 6 cloves garlic

#### Shelved Items

- 1 can (10 ¾ oz) condensed cream of chicken, mushroom, or Cheddar soup 1
- 1 pkg (16 oz) rotini or other pasta 2
- 1 can (28 oz) crushed or diced tomatoes 2
- 1 can (6.5 oz) chopped clams (optional) 2
- 1 can (15 oz) diced tomatoes 3
- 1 pkg (4-6) sesame bagels (or use wheat bread) 4
- 1 pkg (10 oz) saffron-flavored yellow rice 5
- 1 can (15 oz) black beans 5
- angel hair pasta (optional side) 1
- rice pilaf (optional side) 3
- whole grain bread (optional side) 3
- salsa (optional side) 5

# The Six O'Clock Scramble, Spring Week 4 Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

Recipe Cross Reference

- 1) Lemon Feta Chicken
- 2) Pan-Brown Sausage and Potatoes
- 3) Spinach Burritos
- 4) Thai Fried Rice with Shrimp or Chicken
- 5) Sweet and Creamy Red Beet Pasta

**Staples (things you may have)**

- |         |  |       |
|---------|--|-------|
| 1 tbsp  | butter                                 | 2     |
| 6 tbsp  | olive oil                              | 2,3,5 |
| 2 cups  | dry white or brown rice                | 4     |
| 2 tbsp  | peanut or vegetable oil                | 4     |
| 3 ½ tsp | chopped/minced garlic (about 7 cloves) | 4,5   |
| ⅓ cup   | soy sauce                              | 4     |
|         | Parmesan cheese (optional side)        | 2     |
| 1 tsp   | sesame oil (optional side)             | 4     |
| 2 tsp   | mayonnaise (optional side)             | 5     |
| 1 tsp   | sugar (optional side)                  | 4     |

Spices:

- |         |                              |       |
|---------|------------------------------|-------|
| ¾ tsp   | pepper                       | 1,4,5 |
| 1 ¼ tsp | salt                         | 2,5   |
| 1 tsp   | sesame seeds (optional side) | 4     |

Other Necessities (List Your Own Here)

**Ingredients (cross off things you already have)**

Meat and Fish

- |         |  |   |
|---------|--|---|
| 6       | (about 2 ½ - 3 lbs) boneless, skinless chicken breast halves     | 1 |
| 1 ½ lbs | Andouille chicken sausage (or use mild or meatless sausage)      | 2 |
| 1 lb    | shrimp, peeled & deveined, or boneless, skinless chicken breasts | 4 |

Refrigerated/Frozen

- |           |  |      |
|-----------|--|------|
| 4 oz      | feta cheese                              | 1    |
| ½ cup     | shredded Cheddar or Monterey Jack cheese | 3    |
| 1 pkg (6) | large flour or whole wheat tortillas     | 3    |
| 1 pkg     | guacamole (or make fresh) (opt.)         | 3, ? |
| 1 ½ cups  | frozen peas                              | 4    |
| 4 oz      | soft goat cheese (chevre)                | 5    |

Produce:

- |         |                                  |     |
|---------|----------------------------------|-----|
| 1       | lemon                            | 1   |
| 2 tsp   | fresh oregano or 1/2 tsp dried   | 1   |
| 1 ½ lbs | small red potatoes               | 2   |
| 2       | Vidalia or other yellow onions   | 2   |
| 18 oz   | baby spinach                     | 2,3 |
| 1 tbsp  | minced fresh ginger              | 4   |
| 4       | scallions                        | 4   |
| 5       | mint leaves (or use extra basil) | 5   |
| 5       | fresh basil leaves               | 5   |
| 4       | celery stalks (optional side)    | 5   |
|         | baby carrots (optional side)     | 1   |
|         | avocados (optional side)         | 2   |
|         | green beans (optional side)      | 4   |
| 2       | apples (optional side)           | 5   |

Shelved Items

- |                   |                                   |     |
|-------------------|-----------------------------------|-----|
| 2 cans (15 oz ea) | pinto beans                       | 3   |
| 1 ½ cups          | mild salsa                        | 3   |
| ½ cup             | peanuts (optional)                | 4   |
| 1 pkg (16 oz)     | radiatore or spiral-shaped pasta  | 5   |
| 1 can (14 oz)     | sliced beets                      | 5   |
| 2 cups            | pineapple chunks                  | 4,5 |
|                   | dried cranberries (optional side) | 2   |
|                   | tortilla chips (optional side)    | 3   |
| handful           | walnuts (optional side)           | 5   |
|                   | couscous (optional side)          | 1   |

# The Six O'Clock Scramble, Spring Week 5

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Steak with Soy-Lime Marinade
- 2) Sweet and Sour Sole
- 3) Ziti with Roasted Eggplant and Peppers
- 4) Grilled Balsamic Chicken Salad
- 5) Chili con Barley

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- |           |  |   |
|-----------|--|---|
| 4         | (about 2 1/2 lbs) rib eye, New York strip, or similar steaks | 1 |
| 1 1/2 lbs | sole fillets (or use flounder or tilapia)                    | 2 |
| 1 lb      | boneless, skinless chicken breasts                           | 4 |

### **Staples (things you may have)**

- |         |   |         |
|---------|---|---------|
| 1/4 cup | soy sauce                               | 1       |
| 4 tsp   | minced/chopped garlic (about 8 cloves)  | 1,3,5   |
| 1/3 cup | brown sugar                             | 1,2     |
| 1/4 cup | white vinegar                           | 2       |
| 1 cup   | olive oil                               | 2,3,4,5 |
| 2 tbsp  | peanut or vegetable oil (optional side) | 1       |
|         | grated Parmesan cheese (optional side)  | 1       |
| 1 tbsp  | butter (optional side)                  | 4       |

#### Refrigerated/Frozen

- |         |                          |   |
|---------|--------------------------|---|
| 6 oz    | feta cheese              | 3 |
| 1/4 cup | blue cheese              | 4 |
| 1 cup   | Cheddar cheese           | 5 |
|         | biscuits (optional side) | 5 |

#### Produce:

- |              |                                       |       |
|--------------|---------------------------------------|-------|
| 1            | lime                                  | 1     |
| 1 tsp        | minced fresh ginger or 1/4 tsp ground | 1     |
| 3            | (1) small, (2) large onions           | 2,5   |
| 3            | lemons                                | 2,3,5 |
| 1            | (about 1 lb) small eggplant           | 3     |
| 2            | yellow bell peppers                   | 3,4   |
| 1            | red onion                             | 3     |
| 15           | fresh basil leaves                    | 3     |
| 1 tbsp       | fresh oregano leaves (optional)       | 3     |
| 1 bag (7 oz) | prewashed mixed salad greens          | 4     |
| 1            | Roma tomato                           | 4     |
| 2            | large carrots                         | 5     |
| 2            | stalks celery                         | 5     |
|              | potatoes (optional side)              | 1     |
| 1 bag        | spinach (optional side)               | 1     |
|              | avocado (optional side)               | 1     |
| 1lb          | asparagus (optional side)             | 2     |
|              | strawberries (optional side)          | 3     |
|              | corn on the cob (optional side)       | 4     |

### Spices:

- |           |                                   |      |
|-----------|-----------------------------------|------|
| 1 1/2 tsp | kosher salt                       | 2, 3 |
| 1/4 tsp   | black pepper                      | 3    |
| 1 tbsp    | cumin                             | 5    |
| 1 tbsp    | chili powder                      | 5    |
| 1 tbsp    | dried basil                       | 5    |
|           | salt (optional side)              | 1,4  |
|           | pinch of rosemary (optional side) | 1    |
| 1/4 tsp   | pepper (optional side)            | 2    |

### Other Necessities (List Your Own Here)

#### Shelved Items

- |               |  |     |
|---------------|--|-----|
| 4             | gingersnap cookies                       | 2   |
| 1 can (15 oz) | tomato sauce or red pasta sauce          | 2,5 |
| +1/4 cup      |  |     |
| 1 pkg (16 oz) | ziti or other short pasta                | 3   |
| 1/2 cup       | light balsamic vinaigrette dressing      | 4   |
| 1/4 cup       | glazed walnuts or plain chopped walnuts  | 4   |
| 1 cup         | barley (regular or quick-cooking barley) | 5   |
| 1 can (15 oz) | red or black beans                       | 5   |
| 1 can (15 oz) | chickpeas                                | 5   |
|               | pecans (optional side)                   | 1   |
|               | gnocchi (optional side)                  | 2   |
|               | pita bread (optional side)               | 3   |

# The Six O'Clock Scramble, Spring, Week 6

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Chicken Sticks
- 2) Sloppy Joes
- 3) Polenta-Tomatillo Casserole
- 4) Creamy Wild Rice and Vegetable Soup
- 5) Penne Pesto with Radicchio and Olives

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- |       |   |   |
|-------|---|---|
| 2 lbs | chicken tenderloins (or use boneless, skinless chicken breasts) | 1 |
| 1 lb  | ground beef, turkey, or vegetarian ground "meat"                | 2 |

### **Staples (things you may have)**

- |         |   |     |
|---------|---|-----|
| 1       | egg   | 1   |
| 2/3 cup | grated Parmesan cheese                                    | 1,5 |
| 4 tbsp  | butter  | 1,4 |
| 2 tbsp  | olive oil   | 1   |
| 2 tbsp  | Worcestershire sauce                                      | 2   |
| 2 tbsp  | ketchup   | 2   |
| 1 tbsp  | brown sugar   | 2   |
| 1/4 cup | all-purpose flour   | 4   |
| 3 tbsp  | dry sherry  | 4   |
|         | balsamic vinegar (optional side)                          | 2   |
|         | ketchup, honey mustard, or barbecue sauce (optional side) | 1   |

### Spices:

- |         |      |   |
|---------|------|---|
| 1/4 tsp | salt | 4 |
|---------|------|---|

#### Refrigerated/Frozen

- |                    |   |     |
|--------------------|---|-----|
| 1 cup              | shredded Monterey Jack cheese           | 3   |
| 1 1/4 cups         | half and half                           | 3,4 |
| 1 container (7 oz) | prepared refrigerated pesto             | 5   |
|                    | fresh mozzarella cheese (optional side) | 2   |
|                    | blue cheese (optional side)             | 4   |

#### Produce:

- |         |                                  |       |
|---------|----------------------------------|-------|
| 1       | yellow onion                     | 2     |
| 1       | red bell pepper                  | 2     |
| 1-2 lbs | large or baby carrots            | 2,4,3 |
| 1 bunch | fresh cilantro                   | 3     |
| 2       | celery stalks                    | 4     |
| 2       | leeks                            | 4     |
| 2 cups  | radicchio                        | 5,?   |
|         | fruit for kabobs (optional side) | 1     |
| 1 head  | lettuce (optional side)          | 2,5   |
|         | tomatoes (optional side)         | 2     |
|         | basil leaves (optional side)     | 2     |
| 1 bag   | spinach (optional side)          | 4     |
|         | oranges (optional side)          | 4     |
|         | fresh mint (optional side)       | 5     |

### Other Necessities (List Your Own Here)

#### Shelved Items

- |                   |  |   |
|-------------------|--|---|
| 1 cup             | (about 15 crackers)stoned wheat crackers | 1 |
| 8                 | wooden skewers (optional)                | 1 |
| 1 can (15 oz)     | tomato sauce                             | 2 |
| 1 pkg (8)         | whole wheat buns (or taco shells)        | 2 |
| 1 tube (18-24 oz) | prepared polenta (sold with grains)      | 3 |
| 1 can (15 oz)     | pinto or black beans                     | 3 |
| 1 can (15 oz)     | unsweetened corn kernels                 | 3 |
| 1 1/2 cups        | mild tomatillo green salsa               | 3 |
| 1 cup             | blue corn tortilla chips (optional)      | 3 |
| 8 cups            | chicken broth                            | 4 |
| 3/4 cup           | wild rice                                | 4 |
| 1 pkg (16 oz)     | penne or other short pasta               | 5 |
| 1/4 cup           | pitted Kalamata olives                   | 5 |
| 1/4 cup           | marinated sundried tomatoes              | 5 |
|                   | loaf of bread (optional side)            | 4 |
|                   | handful of walnuts (optional side)       | 4 |

# The Six O'Clock Scramble, Spring Week 7

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Grilled Steak Mojito
- 2) Rigatoni with Lima Beans, Artichokes, and Spinach
- 3) Shrimp and Broccoli Stir-Fry
- 4) Crispy Bean Quesadillas
- 5) Caesar Salad with Chicken

### **Staples (things you may have)**

1 tbsp	sugar	1
10 tbsp	olive oil	1,2,4,5
2 ½ tsp	minced garlic (about 5 cloves)	2,4,5
2 tbsp	brown sugar	2,3
1 cup	grated Parmesan cheese	1,2,5
1 ½ cups	dry rice	3
3 tbsp	soy sauce	3
1 tbsp	sesame or peanut oil	3
2 tbsp	light mayonnaise	5
1 tsp	Worcestershire sauce	5
1 tsp	honey (optional side)	1
1 tsp	balsamic vinegar (optional side)	1

### Spices:

¾ tsp	kosher salt	1,5
¾ tsp	salt	1,2,5
¼ tsp	pepper	2
1/8 tsp	garlic powder	5

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

2 lbs	(2-3) boneless New York strip or Delmonico steaks	1
1 lb	large shrimp, peeled and deveined	3
1-1 ½ lbs	boneless, skinless chicken breasts	5

#### Refrigerated/Frozen

1 pkg (10 oz)	frozen lima beans	2
1 pkg (6)	soft-taco-sized flour or whole wheat tortillas	4
2 cups	shredded sharp Monterey Jack cheese	4
1 cup	guacamole	4
	frozen egg rolls (optional side)	3

#### Produce:

1	lime	1
5	fresh mint leaves	1
1	medium onion	2
2 pkgs (6 & 9 oz)	fresh baby spinach	2,4
2 heads	broccoli	3
1 tbsp	fresh chopped ginger	3
4	scallions	3
1 head	(small) romaine lettuce	5
1	lemon	4,5
	sweet potatoes (optional side)	1
	asparagus (optional side)	1
	cantaloupe (optional side)	2

#### Shelved Items

1 tsp	unsweetened cocoa powder (optional)	1
1 pkg (16 oz)	rigatoni (tubes) or pasta shells	2
1 can (15 oz)	diced tomatoes with Italian seasoning	2
1 can (14 oz)	artichoke hearts in water	2
2 tbsp	rice vinegar	3
1 can (15 oz)	corn kernels (use the kind without added sugar, if possible, or use 2 cups of frozen kernels)	3
1 can (15 oz)	vegetarian refried beans	4
1 ½ - 2 cups total	1 can black olives (or use fresh tomatoes, corn kernels, avocado, baby spinach, cooked ham, steak, or chicken)	4
1 cup	salsa	4
1	loaf sourdough bread	5
½ tsp	anchovy paste	5

# The Six O'Clock Scramble, Spring Week 8

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Roast Chicken with Vegetables
- 2) Pasta with Herbed Butter
- 3) Red Snapper with Stewed Tomatoes
- 4) Grilled Cheese Sandwiches with Brie and Baby Spinach
- 5) One-Pot Italian Rice and Beans

### **Staples (things you may have)**

- |                |                                |       |
|----------------|--------------------------------|-------|
| ¾ cup          | water or chicken broth         | 1     |
| ½ cup          | olive oil                      | 1,2,3 |
| 5 tbsp         | butter                         | 2,4   |
| 2 tsp          | minced garlic (about 4 cloves) | 2,4   |
| 1/2 cup        | grated Parmesan cheese         | 2     |
| 2 tbsp         | Dijon mustard or apricot jam   | 4     |
| <b>Spices:</b> |                                |       |
| ¾ tsp          | garlic powder                  | 1     |
| ¾ tsp          | paprika                        | 1     |
| ½ tsp          | dried rosemary                 | 1     |
| ¾ tsp          | kosher salt                    | 1     |
| ¼ tsp          | pepper                         | 1     |
| ¼ tsp          | salt                           | 2     |
| 1 tsp          | dried basil                    | 5     |

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- |         |  |   |
|---------|--|---|
| 1       | whole chicken (or use 8-10 chicken pieces) | 1 |
| 1 ½ lbs | red snapper fillets                        | 3 |

#### Refrigerated/Frozen

- |               |                             |   |
|---------------|-----------------------------|---|
| 8 oz          | Brie cheese                 | 4 |
| 1 pkg (10 oz) | frozen green beans          | 5 |
| 1 cup         | shredded mozzarella cheese  | 5 |
|               | blue cheese (optional side) | 5 |

#### Produce:

- |                   |                                  |   |
|-------------------|----------------------------------|---|
| 1 bag (16 oz)     | baby carrots                     | 1 |
| 1                 | large onion                      | 1 |
| 4                 | Yukon Gold or red potatoes       | 1 |
| 1 bunch           | fresh basil                      | 2 |
| 1 bag (6 or 9 oz) | baby spinach                     | 4 |
|                   | broccoil (optional side)         | 2 |
|                   | asparagus (optional side)        | 2 |
| 1 head            | lettuce (optional side)          | 5 |
|                   | shredded carrots (optional side) | 5 |
|                   | red cabbage (optional side)      | 5 |

#### Shelved Items

- |               |   |   |
|---------------|---|---|
| 1 pkg (16 oz) | gemilli or other spiral-shaped pasta                  | 2 |
| 2 tbsp        | pine nuts (optional)                                  | 2 |
| 1 pkg (10 oz) | yellow rice   | 3 |
| 1 can (14 oz) | Mexican-style stewed tomatoes                         | 3 |
| ¼ cup         | capers (or use 1/2 cup pitted olives, any variety)    | 3 |
| 1 loaf        | (8 medium slices) firm whole-grain or sourdough bread | 4 |
| 1 can (15 oz) | red kidney beans (preferably unsweetened)             | 5 |
| 1 can (15 oz) | diced tomatoes  | 5 |
| 1 cup         | red pasta sauce or tomato sauce                       | 5 |
| 1 cup         | pitted black olives (strong or mild varieties)        | 5 |
| 1 cup         | quick-cooking brown rice                              | 5 |
|               | couscous or bulgur wheat (optional side)              | 1 |
|               | tomato soup (optional side)                           | 4 |

# The Six O'Clock Scramble, Spring Week 9

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Grilled Honey Mustard Chicken
- 2) Three-Cheese Spinach Orzo Bake
- 3) Black Bean, Fennel, and Tomato Stew
- 4) Hot Rueben Sandwiches
- 5) Curly Noodle Delight

### **Staples (things you may have)**

6 ½ tbsp	honey	1,2,5
5 tbsp	Dijon mustard	1
¾ cup	grated Parmesan cheese	2,3
2	eggs	2
3 tbsp	olive oil	3, 5
1 tsp	minced garlic (about 2 cloves)	3
1 tbsp	brown sugar	3
¼ cup	ketchup	4
¾ tbsp	mayonnaise	1,4
1 tbsp	margarine or butter	4
1 tsp	sesame or vegetable oil	5
2 tbsp	soy sauce	5
¼ cup	reduced-fat milk (optional side)	1
¼ cup	white vinegar (optional side)	1
1 tbsp	sugar (optional side)	1
2 tbsp	balsamic vinegar (optional side)	5

### Spices:

¼ tsp	nutmeg	2
½ tsp	dried oregano	3
½ tsp	pepper	3
½ tsp	salt (optional side)	1

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

1 pkg	(4-5 lbs) chicken thighs and drumsticks (about 12 pieces)	1
1 lb	sliced corned beef (or use sliced roast beef, ham, turkey, or vegetarian sliced "meat")	4

#### Refrigerated/Frozen

1 box	frozen chopped spinach	2
(10 oz)		
½ cup	low-fat ricotta cheese	2
½ cup	shredded mozzarella cheese	2
4 slices	Swiss cheese	4
1 pkg	mixed deluxe frozen vegetables	5
(16 oz)		
1 cup	sauerkraut (or coleslaw)	4
¼ cup	feta cheese (optional side)	2
¼ cup	low-fat sour cream (optional side)	1
¼ cup	dill pickles (optional side)	4
	edamame (shelled soybeans)	5

#### Produce:

1 bulb	fennel	3
1	medium onion	3
1 pkg	sliced mushrooms	5
(8 oz)		
1 bag	coleslaw mix (optional side)	1
3	cucumbers (optional side)	2
15	fresh mint leaves (optional side)	2
	avocado (optional side)	5

#### Shelved Items

1 cup	uncooked orzo	2
1 ½ cups	red pasta sauce	2
1 can	diced tomatoes	3
(28 oz)		
1 can	black beans	3
(15 oz)		
1 pkg	(8 slices) of rye or pumpernickel bread	4
½ cup	uncooked brown rice	3
1 can	diced water chestnuts	5
(8 oz)		
¼ cup	oyster sauce (available with Asian foods)(or use stir-fry sauce)	5
4 pkgs	ramen noodles or 12 oz curly noodles	5
(3 oz ea)		
	bread (optional side)	3
	low-fat, low-sodium potato chips (optional side)	4

# The Six O'Clock Scramble, Spring Week 10

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Sauteed Mini Chicken Burgers
- 2) Tacos del Mar
- 3) Lentil Stew with Honey Ginger Yogurt
- 4) Quick Couscous Paella with Crumbled Bacon
- 5) Fresh Tomato and Basil Quiche

### **Ingredients (cross off things you already have)**

#### Meat and Fish

2 lbs	ground chicken	1
1 lb	cod-fillets (or other white fish fillets)	2
1 pkg	(6) strips bacon (turkey, pork, or vegetarian)	4

### **Staples (things you may have)**

5 ½ tsp	minced garlic (about 11 cloves)	1,2,3,4
½ cup	bread crumbs	1
7 tbsp	olive oil	1,2,3,4
1 tbsp	honey	3
4 tbsp	Parmesan cheese	5
2 tbsp	peanut oil (optional side)	1
	ketchup (optional side)	1

#### Refrigerated/Frozen

2 ½ cups	nonfat or low-fat plain yogurt	3,5
1 cup	frozen peas	4
1	(9-inch) unbaked pie crust	5
½ cup	shredded Swiss cheese (or use Parmesan or mozzarella)	5
6	eggs	5
	guacamole (optional side)	2
	shredded Cheddar cheese (optional side)	2
	sour cream (optional side)	2

#### Spices:

½ tsp	dried oregano	1
½ tsp	dried basil	1
1 ¼ tsp	salt	1,2,5
1 ¼ tsp	pepper	1,2,5
½ tsp	cumin	2
2 tbsp	curry powder	3,4
¼ tsp	dry mustard	4

#### Produce:

1 bunch	fresh parsley	1
1	lemon	1
2	red bell peppers	2,4
2	(1) small, (1) large onions	2,3
1	lime	2
1 ½ tbsp	minced fresh ginger or 1 tsp ground ginger	3
4	scallions	4
1 bunch	fresh basil	5
2-3	large fresh tomatoes	5
3 -4	Yukon Gold potatoes (optional side)	1
	asparagus (optional side)	3
1 bag	spinach (optional side)	4
	orange (optional side)	4
	red onion (optional side)	4,5
	dates (optional side)	5
1 head	Iceberg lettuce (optional side)	1,5

### Other Necessities (List Your Own Here)

#### Shelved Items

2 cans (15 oz ea)	diced tomatoes	2,3
1 pkg (8)	taco-shells or soft-taco-sized flour or whole wheat tortillas	2
6 cups	chicken or vegetable broth	3,4
2 cups	dried lentils	3
1 pkg	pita bread	3
1 cup	uncooked plain couscous	4
	yellow rice (optional side)	2
	cornbread mix (optional side)	5

# The Six O'Clock Scramble, Spring Week 11

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Penne with Smoked Sausage and Peppers
- 2) Drew's Crunchy Crispix-Coated Chicken Cutlets
- 3) Crustless Spinach Pie
- 4) Spicy Sausage and Kale Soup
- 5) Baked Halibut with Pesto

### **Staples (things you may have)**

- 1 ½ olive oil 1
- tbsp
- 1 cup grated Parmesan cheese 1,3
- 2 tbsp canola oil 2
- 4 eggs 3
- 1 ½ minced garlic (about 7 2,4
- tbsp cloves)
- 5 tbsp butter (or margarine #2 2,5
- s/d)
- ketchup (optional side) 2
- ½ cup 1/2 cup milk (optional side) 2

### Spices:

- ½ tsp garlic powder or 1 tsp minced 1
- garlic (about 2 cloves)
- 1 tsp Old Bay seasoning or use salt 2
- and black pepper
- ½ tsp dried oregano 3
- ½ tsp dried basil or 1 tbsp fresh 3
- ½ tsp salt 2,3
- ½ tsp pepper 2,3

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- 8-10 oz precooked smoked chicken or turkey 1
- sausage
- 1 – 1 ½ lbs chicken cutlets or boneless, skinless 2
- breasts
- 1 lb spicy sausage (or mild sausage, or flavored 4
- meatless sausage)
- 2 lbs halibut fillets (with or without skin) or use 5
- other thick white fish

#### Refrigerated/Frozen

- ½ cup nonfat buttermilk, or use 1 large egg 2
- 1 pkg frozen chopped spinach 3
- (10 oz)
- 1 cup part-skim ricotta cheese 3
- ¼ cup pesto sauce 5
- 2 – 3 tbsp sour cream 2
- vanilla yogurt 3

#### Produce:

- 2 large yellow onions 1,4
- 2 green bell peppers 1
- ¾ cup portobello or conventional mushrooms 3
- 4 large scallions 3
- 12 oz kale 4
- 6 red potatoes 4
- 1-2 small potatoes per person 2
- grapes 4
- carrots 5

#### Shelved Items

- 1 pkg (16 oz) penne or other short pasta 1
- 3 cans Italian-style diced tomatoes 1
- (15 oz ea)
- 2 cups Crispix cereal 2
- 2 boxes chicken broth 4
- (32 oz ea)
- 2 cans kidney or pinto beans 4
- (15 oz ea)
- 1 loaf bread (optional side) 1,4
- corn kernels (or use corn on cob) 1
- (optional side)
- pineapple chunks (optional side) 3
- whole grain bread (optional side) 3
- bulgur wheat (optional side) 5

# The Six O'Clock Scramble, Spring Week 12

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Chinese Lasagna
- 2) Honey-Glazed Salmon
- 3) Mediterranean Vegetable Stew
- 4) The Big Guy's Baked Chicken
- 5) Zesty Pasta Salad

### **Ingredients (cross off things you already have)**

#### Meat and Fish

1 lb	ground beef or turkey (or use vegetarian ground "meat")	1
1 ½ - 2 lbs	salmon fillet	2
1	whole chicken, cut-up	4
8 oz	smoked turkey (or meatless) sausage	5

### **Staples (things you may have)**

1	egg	1
4 tbsp	grated Parmesan cheese	1,5
2 tbsp	butter	2
⅓ cup	honey	2,4
⅓ cup	olive oil	3,4,5
2 tsp	minced garlic (about 4 cloves)	3,4
½ cup	soy sauce	4
4 ½	balsamic vinegar	4,5
tbsp		
½ cup	light mayonnaise	1
¼ cup	reduced-fat milk	1
¼ cup	white vinegar	1
1 tbsp	1 tbsp sugar (optional side)	1

#### Refrigerated/Frozen

16 oz	part-skim or nonfat ricotta cheese	1
1 pkg (10 oz)	frozen spinach	1
1 pkg (16 oz)	egg roll wrappers	1
2 cups	shredded mozzarella cheese	1
4 oz	(about 1 cup) sharp Cheddar cheese	5
¼ cup	low-fat sour cream (optional side)	1
	frozen peas (optional side)	2
	edamame (shelled soybeans) (optional side)	4

### Spices:

1 tsp	cumin	3
½ tsp	kosher salt	3
¼ tsp	ginger powder or 1 tsp fresh grated ginger	4
1 tsp	salt	1,5
⅛ tsp	pepper	5
¼ tsp	garlic powder	5
¼ tsp	dried thyme or 1 tsp fresh	5
1 tsp	dried basil or 1 tbsp fresh	5

### Produce:

1	red onion	3
1	medium eggplant	3
15	fresh mint leaves or use basil	3
2-3 cups	baby spinach	3
1	small onion	4
3	tomatoes	4,5
1 bag	1 bag coleslaw mix (optional side)	1
	avocado (optional side)	4
	broccoli (optional side)	5

### Other Necessities (List Your Own Here)

#### Shelved Items

4 cups	red pasta sauce	1
1 can (15 oz)	chickpeas (garbanzo beans)	3
1 can (28 oz)	crushed tomatoes	3
¼ cup	white wine	4
1 pkg (16 oz)	pasta spirals	5
	corn muffin mix (optional side)	2
	couscous (optional side)	3
	pita bread (optional side)	3
	loaf of bread (optional side)	4

# The Six O'Clock Scramble, Spring Week 13

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Turkey and Spinach Enchiladas
- 2) Tuna with Citrus Sauce
- 3) No-Bake Chicken Parmesan
- 4) Peanut Butter Stew (and Couscous, Too!)
- 5) Ravioli with Creamy Tomato Sauce

### Staples (things you may have)

¼ cup	soy sauce	2
1 tsp	sesame oil	2
2	eggs	3
½ cup	bread crumbs	3
2 tbsp	olive oil	3,5
2 tbsp	peanut oil	4
2 ½ tsp	minced garlic (about 5 cloves)	4,5
½ cup	grated Parmesan cheese	5
1 tsp	sugar	5
	honey (optional side)	5

### Spices:

1 tbsp	chili powder	1
1 tsp	cumin	1
1 ¼ tsp	salt	4,5
¼ tsp	pepper	5

### Other Necessities (List Your Own Here)

### Ingredients (cross off things you already have)

#### Meat and Fish

1-1 ¼ lbs	ground turkey (or use beef)	1
2	(about 1/2 lb each) tuna steaks	2
4-6	(2-2 1/2 lbs) boneless, skinless chicken breast halves	3

#### Refrigerated/Frozen

1 pkg (10 oz)	frozen spinach	1
1 cup	shredded Cheddar cheese	1
1 pkg (8)	soft-taco-sized flour tortillas	1
1 cup	shredded or 8-10 slices mozzarella cheese	3
2 pkgs (9 oz ea)	reduced-fat cheese ravioli	5
½ cup	half and half	5
	guacamole (optional side)	1
	Gouda cheese (optional side)	2
1 tbsp	1 tbsp yogurt (optional side)	5

#### Produce:

1	orange	2
2	limes	2
1	large onion	4
1	green cabbage	4
1	large sweet potato	4
1	chunk fresh ginger or 1/4 tsp ground ginger	4
2	tomatoes or 1 can (15 oz) diced tomatoes	4
1 bunch	fresh basil leaves	5
	1 head lettuce (optional side)	2
	apples (optional side)	2
	asparagus (optional side)	3
	mango (optional side)	4
	fruit for salad (optional side)	5
	lemon (optional side)	5

#### Shelved Items

2 cups	mild salsa	1
1 ½ cups	red pasta sauce	3
3 cups	tomato juice	4
1 cup	apricot or apple juice	4
3 cans (15 oz ea)	diced tomatoes	5
½ cup	dry white wine	5
½ cup	smooth natural peanut butter	4
	rice pilaf (optional side)	2
	balsamic vinaigrette (optional side)	2
	egg noodles (optional side)	3
	couscous (optional side)	4
	1 loaf bread (optional side)	5
	tortilla chips (optional side)	1

# The Six O'Clock Scramble, Summer Week 1

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Barbecue Chicken
- 2) Fusilli with Fresh Tomato Sauce
- 3) Pecan-Crusted Trout with Orange-Rosemary Sauce
- 4) Hot Meatball Sub
- 5) California Taco Salad

### **Staples (things you may have)**

1 cup	ketchup	1
¼ cup	Worcestershire sauce	1
½ cup	packed or granulated brown sugar	1
¾ cup	olive oil	2,4
¼ cup	grated Parmesan cheese	2
1 tsp	flour	3
1	egg	3
¾ cup	orange juice	3
3 tbsp	butter	3
¼ cup	red wine vinegar	1
¼ cup	reduced-fat milk (optional side)	1
¼ cup	white vinegar (optional side)	1
1 tbsp	sugar (optional side)	1
2 tbsp	peanut oil (optional side)	2
½ cup	light mayonnaise (optional side)	1

### Spices:

½ tsp	garlic powder	1
2 tsp	salt	1,2,3,4
½ tsp	pepper	2,4

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

1	whole chicken, cut-up (or use 10-12 drumsticks and thighs)	1
2	whole trout, boned and heads removed	3
1 lb	frozen cooked meatballs (meat or meatless)	4
½ lb	cooked ground chicken or beef or vegetarian ground "meat" seasoned with salt and chili powder (optional)	5

#### Refrigerated/Frozen

4 oz	provolone or mozzarella cheese, sliced or shredded	4
½ cup	shredded Cheddar cheese	5
1 ¼ cup	sour cream	1,5
cup	flour or whole wheat tortillas (optional side)	5

#### Produce:

1	lemon	1
1 bunch	fresh basil	2
2 lbs	plum or Roma tomatoes	2
1 tsp	rosemary (fresh or dried)	3
1	large onion	4
1	large red bell pepper	4
1 head	(small) iceberg or romaine lettuce	5
1	avocado	5
2	tomatoes or 1 mango	5
1	lime	5
	watermelon (optional side)	1
1 bag	coleslaw mix (optional side)	1
	corn on the cob (optional side)	2
	asparagus (optional side)	3
3 - 4	Yukon Gold potatoes (optional side)	4

#### Shelved Items

1 cup	salsa	5
1 pkg (16 oz)	fusilli or other pasta	2
½ cup	pecans	3
1 jar (26 oz)	red pasta sauce or 2 cans (15 oz each) tomato sauce	4
1 pkg (6)	(about 6 inch long) oblong French bread sandwich rolls	4
1 can (15 oz)	black or red beans	5
½ cup	sliced black olives	5
½ cup	vinaigrette dressing	5
1 bag	tortilla chips (or use corn kernels) quinoa or rice (optional side)	5
		3

## The Six O'Clock Scramble, Summer Week 2 Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Orange Salmon
- 2) Lemon-Herbed Chicken Tenderloins
- 3) Pita Stuffed with Greek Salad
- 4) Solomon's Tortellini with Sneaky Tomato Sauce
- 5) Curry-Lime Pork Tenderloin

### **Staples (things you may have)**

- |             |                                  |         |
|-------------|----------------------------------|---------|
| 1 tbsp      | soy sauce                        | 1       |
| ¼ cup       | Dijon mustard                    | 2       |
| 8 tbsp      | olive oil                        | 2,3,4,5 |
| 2 tsp       | minced garlic (about 4 cloves)   | 4       |
| 3 ½<br>tbsp | brown sugar                      | 4,5     |
| ¼ cup       | Parmesan cheese                  | 4       |
| 1 ½<br>tbsp | vegetable oil                    | 5       |
| 3 tbsp      | red wine vinegar                 | 3       |
|             | rice (optional side)             | 1       |
|             | balsamic vinegar (optional side) | 5       |

### Spices:

- |       |                               |     |
|-------|-------------------------------|-----|
| ½ tsp | dried rosemary or 1 tsp fresh | 2   |
| ½ tsp | dried thyme or 1 ½ tsp fresh  | 2   |
| ½ tsp | dried parsley or 1 tbsp fresh | 2   |
| ½ tsp | dried basil or 1 tbsp fresh   | 2   |
| ¾ tsp | salt                          | 3,5 |
| 2 tsp | curry powder                  | 5   |
| ½ tsp | pepper                        | 5   |

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- |         |                                   |   |
|---------|-----------------------------------|---|
| 1 ½ lbs | salmon fillet                     | 1 |
| 1 ½ lbs | chicken tenderloins               | 2 |
| 1       | (about 1 ½-2 lbs) pork tenderloin | 5 |

#### Refrigerated/Frozen

- |                     |                                    |   |
|---------------------|------------------------------------|---|
| 4 oz                | feta cheese                        | 3 |
|                     | frozen peas (optional side)        | 1 |
| 2 tbsp              | pesto sauce (optional side)        | 2 |
| 2 pkgs<br>(9 oz ea) | cheese tortellini (or any variety) | 4 |
|                     | hummus (optional side)             | 3 |

#### Produce:

- |            |  |     |
|------------|--|-----|
| 1          | orange (or use ½ cup orange juice)                     | 1   |
| 1<br>chunk | fresh ginger root or ¼ tsp ginger powder               | 1   |
| 1          | lemon  | 2   |
| 1          | cucumber   | 3   |
| 10-15      | fresh mint leaves                                      | 3   |
| 1 head     | romaine lettuce  | 3   |
| 5          | tomatoes   | 3,5 |
| 1          | small yellow onion (preferably Vidalia or sweet onion) | 4   |
| 1 bag      | baby carrots   | 4   |
| 1          | lime   | 5   |
| 1          | fresh cilantro   | 5   |
| bunch      |  |     |
| 1 lb       | 1 lb green beans (optional side)                       | 2   |
|            | strawberries (optional side)                           | 4   |
|            | yellow squash (optional side)                          | 5   |

#### Shelved Items

- |                  |   |   |
|------------------|---|---|
| 1 cup            | pitted kalamata olives                    | 3 |
| 1 can<br>(15 oz) | tomato sauce                              | 4 |
| 1 pkg            | 6 round pitas (plus extra for side dish)  | 3 |
| 1 can<br>(28 oz) | crushed tomatoes                          | 4 |
|                  | load of bread (optional side)             | 4 |
|                  | couscous (optional side)                  | 2 |
|                  | handful toasted pine nuts (optional side) | 2 |

# The Six O'Clock Scramble, Summer Week 3

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Thai Basil Chicken
- 2) Tuna Melt with Sliced Avocado and Tomato
- 3) Ravioli Soup with Grated Zucchini
- 4) Spinach and Feta Frittata
- 5) Holy Guacamole Tostadas

### **Staples (things you may have)**

- |     |                                 |     |
|-----|---------------------------------|-----|
| 2 ½ | vegetable oil                   | 1,5 |
| 1   | minced garlic (about 12 cloves) | 1   |
| 8   | soy sauce                       | 1   |
| 1   | sugar                           | 1   |
| 2 ½ | light mayonnaise                | 2   |
| ¼   | cup parmesan cheese             | 3   |
| 2   | tblsp olive oil                 | 4   |
|     | rice (optional side)            | 1   |

### Spices:

- |   |  |     |
|---|--|-----|
| ¾ | tsp pepper   | 3,4 |
| 1 | tsp dried Italian seasoning (or use 1/4 tsp dried oregano and 3/4 tsp dried basil) | 4   |
| ¾ | tsp salt   | 4,5 |

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- |     |     |                                    |   |
|-----|-----|------------------------------------|---|
| 1 ½ | lbs | boneless, skinless chicken breasts | 1 |
|-----|-----|------------------------------------|---|

#### Refrigerated/Frozen

- |     |                |  |     |
|-----|----------------|--|-----|
| 8   | slices         | Muenster cheese                                      | 2,3 |
| 2   | pkgs (9 oz ea) | cheese ravioli (or tortellini)                       | 3   |
| ½   | cup            | feta cheese (or use Havarti, Swiss, or other cheese) | 4   |
| 1   | pkg (6)        | soft-taco-sized flour or whole wheat tortillas       | 5   |
| 1 ⅓ | cup            | shredded Monterey Jack or Cheddar cheese             | 5   |
| 6   |                | eggs   | 4   |

#### Produce:

- |   |                                       |  |   |
|---|---------------------------------------|--|---|
| 3 | (1) large, (2) small red onions       | 1,5  |   |
| 2 | (1) medium, (1) small red bell pepper | 1,5  |   |
| 1 | bunch fresh basil leaves              | 1  |   |
| 5 | stalks celery                         | 2  |   |
| 3 | avocados                              | 2,5  |   |
| 1 | tomato                                | 2  |   |
| 2 | large zucchini                        | 3  |   |
| 1 | bag (9 oz)                            | baby spinach or 1 box (10 oz) frozen chopped spinach | 4 |
| 1 | bunch                                 | fresh cilantro                                       | 5 |
| 1 |                                       | lime   | 5 |
| 1 |                                       | large yellow onion                                   | 4 |
| 2 |                                       | 2 apples (optional side)                             | 2 |
| 1 |                                       | 1 cantaloupe (optional side)                         | 4 |
|   |                                       | broccoli (optional side)                             | 1 |

#### Shelved Items

- |         |                |   |   |
|---------|----------------|---|---|
| 2       | cans (6 oz ea) | chunk light tuna  | 2 |
| 4       |                | slices sourdough bread                                      | 2 |
| 1       | box (32 oz)    | chicken broth   | 3 |
| ½       | cup            | oil-packed sundried tomatoes, or ½ cup cooked ham           | 4 |
| 1       | can (6 oz)     | pitted, sliced ripe black olives                            | 5 |
|         |                | potato chips (look for healthier varieties) (optional side) | 2 |
| handful |                | walnuts (optional side)                                     | 2 |
| 1       | tblsp          | pineapple juice (optional side)                             | 2 |
|         |                | bread for grilled cheese sandwiches (optional side)         | 3 |
|         |                | whole wheat toast (optional side)                           | 4 |
| 1       | can (15 oz)    | black beans (optional side)                                 | 5 |
| 1       | can (14 oz)    | corn kernels (optional side)                                | 5 |

# The Six O'Clock Scramble, Summer Week 4

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Grilled Sausage Kabobs with Summer Vegetables
- 2) Lime-Garlic Shrimp with Black Bean and Corn Salad
- 3) Rigatoni with Asparagus and Lemon
- 4) Celia's Honey Chicken
- 5) Japanese Eggplant and Green Beans in Garlic Sauce

### **Staples (things you may have)**

4 tbsp	olive oil	1,2,3
3 tbsp	minced garlic (about 16 cloves)	2,3,5
½ cup	honey	1,4
+ 1 tsp		
¾ cup	soy sauce	4,5
3 cups	dry white or brown rice	4,5
2 tsp	sesame oil	5
1 tsp	sugar	5
3 tbsp	peanut or vegetable oil	5
2	eggs (optional side)	4

### Spices:

1 ½ tsp	kosher salt	1,2
¾ tsp	salt	2,3
¼ tsp	pepper	3
¼ tsp	ginger powder	5

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

1 pkg (12 oz)	fully cooked gourmet chicken sausage (any flavor)	1
1 lb	large shrimp, peeled and deveined	2
12	chicken drumsticks, thighs, or any combination, with or without skin	4

#### Refrigerated/Frozen

1 cup	sour cream	2
1 ½ cup	shredded or diced smoked Gouda or other smokey cheese (or use crisp bacon)	3
1 cup	1 cup plain yogurt (optional side)	2
	frozen dumplings (optional side)	5

#### Produce:

1	medium zucchini	1
1	medium yellow squash	1
2 pints	cherry tomatoes	1,3
1 tsp	fresh oregano or ½ tsp dried	1
1	lime	2
1 bunch	cilantro	2
1	red bell pepper	2
1 ½-2lbs	asparagus	3
1	lemon	3
1 bunch	fresh basil leaves	3
10	fresh mint leaves	1,3
1 lb	green beans	5
2-3	(about 1 lb) medium Japanese eggplants	5
1 bunch	scallions	4,5
	corn on the cob (optional side)	1
1 head	lettuce (optional side)	3
	grapes (optional side)	3
	broccoli (optional side)	4

#### Shelved Items

1 can (15 oz)	black beans	2
1 can (14 oz)	unsweetened corn kernels	2
1 pkg (16 oz)	rigatoni pasta	3
2 tbsp	rice wine	5
2 tbsp	rice vinegar	5
1 tbsp	hoisin sauce or black bean sauce	5
	pita bread (optional side)	1
	blue corn chips (optional side)	2
	salsa (optional side)	2
	handful of pistachios (optional side)	3

# The Six O'Clock Scramble, Summer Week 5

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Grilled Lime Chicken with Avocado Salsa
- 2) Smoked Salmon and Dill Sandwiches
- 3) Ziti with Tomato and Artichoke Sauce
- 4) Grilled Baby Back Ribs with Pineapple Glaze
- 5) Red Snapper V8

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- 1 ½-2 lbs boneless, skinless chicken breasts 1
- 6-8 oz sliced smoked salmon (nova or lox) 2
- 2-3 lbs (1-2 racks) baby back pork ribs 4
- 1-2 (about 1-1 ½ lbs total) red snapper fillets 5

### **Staples (things you may have)**

- 4 tbsp olive oil 1,2,3
- 1 tbsp minced garlic (about 6 cloves) 3
- ¼ cup Parmesan cheese 3
- 2 ½ tbsp brown sugar 4
- ¼ cup ketchup 4
- 2 tbsp Worcestershire sauce 4
- 1 tbsp butter 5
- 1 tbsp red wine vinegar (optional side) 2

### Spices:

- 1 ¼ tsp kosher salt 1,5
- 1 ¼ tsp salt 1,4
- 1 ¼ tsp paprika 4,5
- 1 tsp chili powder 4
- 1 tsp cinnamon 4

### Other Necessities (List Your Own Here)

### Refrigerated/Frozen

- 8 tbsp cream cheese 2
- flour or whole wheat tortillas (optional side) 1
- feta cheese 2

### Produce:

- 1 lime 1
- 2 avocados, or 1 pkg frozen vacuum-packed guacamole 1
- 10 fresh tomatoes (or use 2 15-oz cans diced tomatoes #3) 1,2,3
- 1 red or yellow onion 1
- 2 tsp fresh or dried dill 2
- 1 large onion 3
- 1 bunch fresh basil 3
- 1 lemon 5
- sugar snap peas (optional side) 1
- cucumber (optional side) 2
- peaches (optional side) 3
- asparagus (optional side) 5

### Shelved Items

- 1 pkg (4) large pita pockets, bagel, or sandwich rolls 2
- 4 tsp capers 2
- 1 jar (6 oz) quartered and marinated artichoke hearts 3
- 10-12 pitted Greek or Spanish olives 3
- ⅓ cup red wine 3
- 1 pkg (16 oz) ziti or other short pasta 3
- 1 can pineapple rings 4
- 1 can (8 oz) V8 (vegetable) juice 5
- pita chips (optional side) 2
- 1 loaf bread (optional side) 3
- dinner rolls (optional side) 4
- kasha and bowties (buckwheat and bows, sold with rice mixes or kosher foods) (optional side) 5

# The Six O'Clock Scramble, Summer Week 6

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Grilled Steak with Garlic and Parmesan Crust
- 2) Pan-Fried Fish Sticks
- 3) Indian Spinach Curry (Saag Paneer)
- 4) Penne with Presto Pesto
- 5) Crispy Baked Drumsticks

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- 2 lbs boneless New York strip or Delmonico steak 1
- 1 ½-2 lbs white fish fillet (such as lemon sole or flounder) 2
- 12 chicken legs (or a combination of legs and thighs) 5

### **Staples (things you may have)**

- 1 tbsp margarine or butter 1
- 1 ¼ cup grated Parmesan cheese 1,2,4,5
- 1 ¼ cup bread crumbs 2,4
- 1 cup egg 2
- 8 tbsp butter 2,3,4,5
- 1 tbsp vegetable oil 3
- 1 ⅓ tbsp minced garlic (about 8 cloves) 3,4
- ¾ cup olive oil 1,4
- ¾ cup cornmeal 5
- ¼ cup flour 5
- ½ cup low-fat milk 5

#### Refrigerated/Frozen

- 2 pkgs (10 oz ea) frozen chopped spinach 3
- 2 cups low-fat plain yogurt 3

#### Produce:

- 1 lemon 2
- 1 yellow onion 3
- 1 tbsp minced ginger or 1/2 tsp ground ginger 3
- 1 bunch fresh basil 4
- 1 large tomato (optional) 4
- broccoli (optional side) 1
- potatoes (optional side) 1,5
- 1 tsp oregano (optional side) 1
- green beans (optional side) 2
- 1 head cauliflower (optional side) 4
- 1 tbsp parsley (optional side) 4
- carrot chips (optional side) 5

#### Spices:

- ¾ tsp garlic powder 1,5
- 1 ¾ tsp salt 1,3,5
- 2 tsp curry powder 3
- 1 tsp garam masala (an Indian spice blend) 3
- 1 tsp Italian seasoning (such as dried basil and oregano or thyme) 5
- ¼ tsp pepper (optional side) 1

#### Shelved Items

- 1 pkg penne pasta (16 oz) 4
- 3 tbsp pine nuts 4
- 1 pkg extra-firm silken tofu (12 oz) 3
- Basmati rice (optional side) 3
- pita bread (optional side) 3
- ranch dressing (optional side) 5
- couscous (optional side) 2

#### Other Necessities (List Your Own Here)

# The Six O'Clock Scramble, Summer Week 7

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Chicken Enchilada Casserole
- 2) Salad Licoise
- 3) Popeye Pie
- 4) Crunchy Rainbow Wraps
- 5) Chinese Barbecue Noodles

### **Staples (things you may have)**

- |        |                               |     |
|--------|-------------------------------|-----|
| 1 tbsp | dijon mustard                 | 2   |
| 5      | eggs                          | 2,3 |
| 5 tbsp | olive oil                     | 2,5 |
| ½ cup  | milk (any kind)               | 3   |
| ¾ cup  | light mayonnaise              | 3   |
| 2 tbsp | flour                         | 3   |
| ½ cup  | ketchup                       | 5   |
| 4 tbsp | soy sauce                     | 5   |
| 4 tbsp | brown sugar                   | 5   |
| 3 tsp  | sesame oil                    | 5   |
| 1 tsp  | minced garlic (optional side) | 5   |

### Spices:

- |       |      |   |
|-------|------|---|
| ¼ tsp | salt | 2 |
|-------|------|---|

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- |          |   |   |
|----------|---|---|
| 1 ½ cups | cooked chicken (or use a rotisserie chicken from the supermarket) | 1 |
| ½ - 1 lb | cooked tofu or chicken (optional)                                 | 5 |

#### Refrigerated/Frozen

- |               |   |     |
|---------------|---|-----|
| 1 cup (8 oz)  | fat-free sour cream   | 1   |
| 2 cups        | reduced-fat shredded Cheddar cheese   | 1   |
| 18            | corn tortillas  | 1   |
| ¾ cup         | blue cheese   | 2,4 |
| 1 pkg (10 oz) | frozen chopped spinach  | 3   |
| ½ cup         | Swiss cheese (or use your favorite hard cheese)                                 | 3   |
| 4 oz          | veggie cream cheese (or use Boursin cheese, hoisin sauce, blue cheese dressing) | 4   |
| 1 pkg (6)     | large flour or whole wheat tortillas  | 4   |
|               | French Brie (optional side)   | 2   |
|               | vanilla yogurt (optional side)  | 4   |

#### Produce:

- |                    |                                 |      |
|--------------------|---------------------------------|------|
| 2 bunches          | scallions                       | 1,3  |
| 4                  | new potatoes                    | 2    |
| 1                  | lemon                           | 2,5  |
| 2 bags (6-9 oz ea) | baby spinach or salad greens    | 2, 5 |
| 2                  | tomatoes                        | 2    |
| 1 head             | iceberg lettuce                 | 4    |
| 2 ½ cups           | shredded carrots                | 4,5  |
| 1 head             | red cabbage                     | 4    |
| 1                  | red onion                       | 4,5  |
| 1                  | avocado                         | 4    |
| 1                  | lime                            | 5    |
| 1 cup              | sweet peas (or use frozen peas) | 2    |
| 1 bunch            | cilantro                        | 5    |
| 1                  | honeydew melon (optional side)  | 1    |
|                    | sweet potatoes (optional side)  | 3    |

#### Shelved Items

- |                     |  |     |
|---------------------|--|-----|
| 2 cans (10 ¾ oz ea) | low-sodium cream of chicken soup                         | 1   |
| 1 can (4 oz)        | chopped green chilies or ½ cup salsa verde (green salsa) | 1   |
| 2 tsp               | rice vinegar   | 5   |
| ¼ cup               | Kalamata or other flavorful black pitted olives          | 2   |
| 1 can (6 oz)        | chunk light tuna   | 2   |
| ¼ cup               | pistachios or slivered almonds                           | 2   |
| 16 oz               | chinese wide lo mein noodles or fettuccine               | 5   |
|                     | granola (optional side)                                  | 4   |
| 1 -2                | french baguettes (optional side)                         | 2,3 |

# The Six O'Clock Scramble, Summer Week 8

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Baked Apricot Chicken
- 2) Tortellini Tossed with Fresh Mozzarella
- 3) Thai Rice Pot
- 4) Ginger-Soy Flank Steak
- 5) Warm Chicken Salad with Mixed Greens

### **Ingredients (cross off things you already have)**

#### Meat and Fish

1 ½ lbs	boneless, skinless chicken breasts	1
1 lb	lean ground pork, turkey, or vegetarian ground "meat"	3
1 ½-2 lbs	flank steak	4
1-1 ½ lbs	chicken tenderloins	5

### **Staples (things you may have)**

8 tbsp	soy sauce	1,3,4
1 ⅔ tbsp	minced garlic (about 10 cloves)	1,2,4
2 tbsp	Dijon mustard	1
2 tbsp	olive oil	1,2
½ tbsp	sugar	2
3 tbsp	peanut or vegetable oil	3,4
2 cups	white rice	3,4

### Spices:

1 tbsp	dried basil or ½ cup fresh	2
¼ tsp	crushed red pepper (opt.)	2
½ tsp	pepper	2,3
¾ tsp	salt	3

### Other Necessities (List Your Own Here)

#### Refrigerated/Frozen

1 lb (16 oz)	tortellini filled with pesto or cheese	2
½ lb	fresh mozzarella	2
½ cup	crumbled Gorgonzola cheese	5
1 cup	frozen corn kernels	5
	edamame (Japanese soybeans) or lima beans (optional side)	4

#### Produce:

1	lemon	1
1	yellow onion	2
2	bell peppers (preferably different colors)	3
8 oz	sliced shiitake or conventional mushrooms	3
7	scallions	3,4
1 cup	shredded carrots	3
1 bunch	cilantro	3
1	lime	3
1 tbsp	minced ginger	4
1 bag (8 oz)	gourmet salad mix	5
1 bunch	fresh basil or mint leave (optional)	5
	asparagus (optional side)	1
1 bag	spinach (optional side)	2
	mango (optional side)	3

#### Shelved Items

½ cup	apricot jam	1
6	dried apricots	1
1 can (28 oz)	whole or diced tomatoes	2
1 can (15 oz)	chicken or vegetable broth	3
2 tsp	rice vinegar	4
1 cup	balsamic vinaigrette (Newman's Own or Newman's Own light is a great choice)	5
½ cup	dried cherries or cranberries	5
½ cup	slivered almonds	5
	couscous (optional side)	1
	hearts of palm (optional side)	2
	handful of pecans (optional side)	2
	dried cranberries (optional side)	2
	pita bread (optional side)	5

# The Six O'Clock Scramble, Summer Week 9

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Asian Turkey Burgers
- 2) Farfalle with Feta, Pine Nuts, and Tomatoes
- 3) Quick Tilapia with Lemon, Garlic, and Capers
- 4) Light Summer Minestrone
- 5) Peanut Beef (or Chicken or Tofu)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- |       |   |   |
|-------|---|---|
| 1 lb  | ground turkey   | 1 |
| 4     | (about 1-1 ½ lbs) tilapia fillets   | 3 |
| 2 lbs | boneless beef steaks, such as top round (or use boneless, skinless chicken breasts or tofu) | 5 |

### **Staples (things you may have)**

- |        |   |       |
|--------|---|-------|
| 6 tbsp | soy sauce                               | 1,5   |
| 3 tbsp | honey                                   | 1,5   |
| 1 tsp  | sesame oil                              | 1     |
| ½ cup  | olive oil                               | 2,3,4 |
| 2 tbsp | minced/chopped garlic (about 12 cloves) | 2,3,5 |
| ¼ cup  | Parmesan cheese                         | 2,4   |
| ½ cup  | peanut butter (preferably natural)      | 5     |
|        | peanut or vegetable oil (optional side) | 1     |
|        | rice (optional side)                    | 5     |

#### Refrigerated/Frozen

- |       |             |      |
|-------|-------------|------|
| 1 cup | feta cheese | 2    |
| 1 pkg | frozen peas | 4, 5 |

#### Produce:

- |         |   |     |
|---------|---|-----|
| 1       | red bell pepper                                 | 1   |
| 2       | scallions                                       | 1   |
| 4       | large plum tomatoes or 2 large regular tomatoes | 2   |
| 2       | lemons  | 3,5 |
| 1       | large onion                                     | 4   |
| 2       | large carrots, or 10-15 baby carrots            | 4   |
| 1       | medium yellow squash                            | 4   |
| 1 bunch | fresh basil leaves                              | 4   |
| 1 tbsp  | chopped ginger                                  | 5   |
|         | potatoes (optional side)                        | 1   |
|         | Swiss chard (optional side)                     | 2   |

### Spices:

- |         |                                   |          |
|---------|-----------------------------------|----------|
| ½ tsp   | ground ginger                     | 1        |
| ½ tsp   | dried oregano                     | 2        |
| 1 ½ tsp | salt                              | 1,2,3, 4 |
| 1 ¼ tsp | pepper                            | 2,3,4    |
|         | pinch of rosemary (optional side) | 1        |

#### Shelved Items

- |                   |  |   |
|-------------------|--|---|
| 1 pkg (6)         | whole wheat buns   | 1 |
| 1 pkg (16 oz)     | farfalle or other short pasta                              | 2 |
| 3 tbsp            | pine nuts  | 2 |
| 1 tbsp            | capers (or use 2 tbsp chopped green olives)                | 3 |
| 2 cans (15 oz ea) | chicken or vegetable broth                                 | 4 |
| 1 ½ cups          | thin egg noodles   | 4 |
| 1 can (15 oz)     | cannellini or pinto beans                                  | 4 |
| 1 can (15 oz)     | diced tomatoes or 2 cups fresh tomatoes (about 2 tomatoes) | 4 |
|                   | couscous (optional side)                                   | 3 |
|                   | corn kernels (optional side)                               | 3 |
|                   | whole grain bread (optional side)                          | 4 |

### Other Necessities (List Your Own Here)

# The Six O'Clock Scramble, Summer Week 10

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Spaghetti with Meat Sauce
- 2) Baked Zucchini Pie
- 3) Grilled Salmon with Herb Pesto
- 4) Creamy Tomato Soup
- 5) Terrific Tortilla Tower

### **Ingredients (cross off things you already have)**

#### Meat and Fish

1 lb	ground beef (or ground chicken, turkey, or vegetarian ground "meat")	1
1-1 ½ lbs	salmon fillet (preferably wild Alaskan salmon)	3

### **Staples (things you may have)**

1 tbsp	olive oil	1
2 ½ tsp	minced garlic (about 5 cloves)	1,2
1 ½ tbsp	sugar	1,4
¼ cup	grated Parmesan cheese	1
5 tbsp	butter	2,4
1 tbsp	Dijon mustard	2
2	eggs	2
2 ⅓ tbsp	vegetable oil	3
1 tsp	honey	3
3 tbsp	flour	4
4 cups	low-fat milk	4
½ tsp	baking soda	4

### Spices:

2 ¾ tsp	salt	1,2,3,4
1 ¾ tsp	pepper	1,2,3
½ tsp	dried basil	2
½ tsp	dried oregano	2
1	bay leaf	4

### Other Necessities (List Your Own Here)

#### Refrigerated/Frozen

1	(9-inch) pie crust	2
2 cups	shredded part-skim mozzarella cheese	2
1 pkg (5)	soft-taco-sized flour or whole wheat tortillas	5
1 ½ cups	shredded Cheddar cheese	5
	Gorgonzola cheese (optional side)	1
	sour cream (optional side)	5
	guacamole (optional side)	5
	cheese for grilled cheese sandwiches (optional side)	4

#### Produce:

2	(1) small (1) large onion	1,2,4
2	large zucchinis	2
¼ cup	fresh herbs (any combination chives, basil, and cilantro)	3
1	lemon	3
3 cups	fresh tomatoes or 1 can (28 oz) crushed tomatoes	4
	fruit for fruit salad (optional side)	2
	broccoli (optional side)	3
1 bag	baby spinach (optional side)	1

#### Shelved Items

1 pkg (16 oz)	spaghetti	1
2 cans (15 oz ea)	diced tomatoes with Italian seasoning	1
2 tbsp	tomato paste or ½ cup red pasta sauce	1
¼ cup	red wine	1
1 tbsp	pine nuts (optional)	3
1 can (15 oz)	pinto beans	5
1 can (15 oz)	unsweetened corn kernels	5
1 can (14 oz)	Mexican-style diced tomatoes or 1 ½ cups mild salsa	5
	breadsticks (optional side)	1
	chopped walnuts (optional side)	1
	dried cranberries (optional side)	1
	cornbread mix (optional side)	2
	wild mushroom risotto (optional side)	3
	bread for toast or grilled cheese sandwiches (optional side)	4
1 cup	salsa (optional side)	5
1 bag	tortillas chips (optional side)	5
	crackers for soup (optional side)	4

# The Six O'Clock Scramble, Summer Week 11

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Baked Macaroni and Cheese
- 2) Fiesta Chicken and Rice
- 3) Boca Burgers with Mushrooms, Onions, and Cheddar
- 4) Grilled Trout with Garlic and Rosemary
- 5) Veggie Chili

### **Staples (things you may have)**

- |        |                                   |         |
|--------|-----------------------------------|---------|
| 2 tbsp | butter                            | 1       |
| 2 tbsp | flour                             | 1       |
| 2 cups | low-fat milk                      | 1       |
| ½ cup  | bread crumbs (opt.)               | 1       |
| 4 tbsp | olive oil                         | 2,3,4,5 |
| ½ cup  | ketchup or barbecue sauce         | 3       |
| 2 tsp  | minced garlic (about 4 cloves)    | 4       |
|        | Parmesan cheese (optional side)   | 1       |
|        | 2 tbsp peanut oil (optional side) | 3       |

### Spices:

- |        |               |         |
|--------|---------------|---------|
| ¼ tsp  | paprika       | 1       |
| ½ tsp  | dry mustard   | 1       |
| 2 tsp  | salt          | 1,2,3,4 |
| 1 tsp  | cumin         | 2       |
| ½ tsp  | garlic powder | 2       |
| 1 tbsp | chili powder  | 5       |

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- |   |  |   |
|---|--|---|
| 4 | (1 ½-2 lbs) boneless, skinless chicken breasts     | 2 |
| 4 | Boca burgers (or use any kind of burgers)          | 3 |
| 4 | whole trout, cleaned and boned (about 2 lbs total) | 4 |

#### Refrigerated/Frozen

- |        |                                    |       |
|--------|------------------------------------|-------|
| 3 cups | shredded Cheddar cheese            | 1,2,5 |
| 4      | (about 2 oz) slices Cheddar cheese | 3     |
| 1 cup  | low-fat plain yogurt               | 5     |

#### Produce:

- |         |                                     |       |
|---------|-------------------------------------|-------|
| 3       | medium onions                       | 1,3,5 |
| 1       | lime                                | 2     |
| 8 oz    | sliced mushrooms                    | 3     |
| 4       | sprigs fresh rosemary               | 4     |
| 1-2     | lemons                              | 4     |
| 2       | red bell peppers                    | 2,5   |
| 1 bag   | baby carrots                        | 5     |
|         | broccoli (optional side)            | 1     |
| 1 bunch | fresh cilantro (optional side)      | 2     |
| 3 -4    | Yukon Gold potatoes (optional side) | 3     |
| 1 lb    | green beans (optional side)         | 4     |

#### Shelved Items

- |                   |   |     |
|-------------------|---|-----|
| 8 oz              | elbow macaroni                            | 1   |
| 1 pkg (10 oz)     | yellow (saffron) rice                     | 2   |
| 2 jars (12-16 oz) | mild chunky salsa                         | 2,5 |
| 4                 | English muffins or whole wheat buns       | 3   |
| 1 can (15 oz)     | red kidney beans (preferably unsweetened) | 5   |
| 2 cans (15 oz ea) | black beans                               | 2,5 |
| 1 can (28 oz)     | crushed tomatoes                          | 5   |
| 2 cans (14 oz)    | unsweetened corn kernels                  | 2,5 |
|                   | breadsticks (optional side)               | 4   |
| ¼ cup             | sliced almonds (optional side)            | 4   |
|                   | rice or noodles (optional side)           | 5   |
|                   | ranch dressing (optional side)            | 5   |

# The Six O'Clock Scramble, Summer Week 12

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Make-Your-Own Tacos
- 2) Gnocchi with Artichokes and Sundried Tomatoes
- 3) Tuna Steaks in Pineapple-Ginger Marinade
- 4) Indonesian Curry Rice Salad
- 5) Frittata with Onions, Peppers, and Zucchini

### **Staples (things you may have)**

½ cup	olive oil	2,3,5
1 ½ tsp	minced garlic (about 3 cloves)	2,3
4 tbsp	soy sauce	3,4
⅓ cup	orange juice	2,4
2 tbsp	peanut oil	4
1 tbsp	butter	5

### Spices:

1 tsp	salt	1,4,5
¼ tsp	red pepper flakes (optional)	2
½ tsp	ginger powder or 1 tsp fresh minced ginger	3
1 tsp	curry powder	4
¼ tsp	pepper	5
2 tsp	dried or fresh rosemary	5

### Other Necessities (List Your Own Here)

### **Ingredients (cross off things you already have)**

#### Meat and Fish

1 lb	ground beef, turkey, or chicken (or use 1 can black beans)	1
1-1 ½ lbs	thick tuna steaks or mahimahi	3
	roasted chicken (optional side)	4

#### Refrigerated/Frozen

1 cup	shredded Cheddar cheese	1
½ cup	sour cream (optional)	1
½ cup	grated or diced Gouda cheese (or use grated Parmesan cheese)	2
10	large eggs	5
1 cup	grated Swiss, Gruyere, or Fontina cheese	5
	guacamole (optional side)	1
	hummus (optional side)	4

#### Produce:

1 head	iceberg lettuce	1
1	tomato	1
4	fresh sage or basil leaves	2
2	stalks celery	4
1	red onion	5
1	zucchini	5
1	red bell pepper	5
	mango (optional side)	1
	shredded carrots (optional side)	2
	apples (optional side)	2
	lemon (optional side)	2
	green beans (optional side)	3
1 head	lettuce (optional side)	5

#### Shelved Items

1 jar (12 oz)	salsa	1
1 box	taco shells or 1 pkg soft-taco-sized flour or whole wheat tortillas	1
1 pkg (16 oz)	tricolor gnocchi (sold with pastas)	2
½ cup	marinated sundried tomatoes	2
1 can (14 oz)	artichoke hearts	2
½ cup	pineapple juice (can use juice from 1 can pineapple rings)	3
1 box (7 oz)	rice pilaf (any flavor)	4
½ cup	slivered almonds (or use cashews)	4
½ cup	dried cranberries	4
1 can (5 oz)	diced water chestnuts	4
	loaf of bread (optional side)	2
	pita bread (optional side)	4
	corn muffin mix (optional side)	5

# The Six O'Clock Scramble, Summer Week 13

## Grocery List

(The grocery list is coded by recipe to make shopping easier. If you plan not to make one of this week's recipes, cross off the items with the number that corresponds to that recipe.)

### Recipe Cross Reference

- 1) Grilled Steak with Rosemary and Dijon
- 2) Barbecue Chicken with Yogurt Mariande
- 3) Broiled Zucchini Pasta with Cheese
- 4) Portobello Mushroom Pizza
- 5) Mango-Salsa Shrimp or Chicken

### **Ingredients (cross off things you already have)**

#### Meat and Fish

- |           |   |   |
|-----------|---|---|
| 2-3       | (3 lbs total) boneless steaks, at least 1-inch thick                          | 1 |
| 1 ½-2 lbs | boneless, skinless chicken breasts  | 2 |
| 1 lb      | shrimp, peeled and deveined, or 3-4 boneless, skinless, chicken breast halves | 5 |

### **Staples (things you may have)**

- |        |                       |           |
|--------|-----------------------|-----------|
| ¼ cup  | dijon mustard         | 1         |
| 8 tbsp | olive oil             | 1,2,3,4,5 |
| 1 tbsp | honey                 | 2         |
| 2 ½    | minced/chopped garlic | 2,3       |
| tsp    | (about 5 cloves)      |           |
| 1 tbsp | vegetable oil         | 5         |

#### Refrigerated/Frozen

- |          |                            |     |
|----------|----------------------------|-----|
| 1 ½ cups | low-fat plain yogurt       | 2   |
| 1 ¼ cups | shredded mozzarella cheese | 3,4 |
| ½ cup    | shredded Cheddar cheese    | 3   |
| 5 tbsp   | pesto sauce                | 1,4 |
| 2 tbsp   | feta cheese                | 4   |

#### Produce:

#### Spices:

- |         |   |     |
|---------|---|-----|
| 1 tsp   | kosher salt                               | 1   |
| ¾ tsp   | dried thyme or 2 1/4 tsp fresh            | 2   |
| ½ tsp   | dried tarragon or mint or 1 1/2 tsp fresh | 2   |
| 1 tsp   | salt                                      | 2,4 |
| 1 ½ tsp | dried basil                               | 3   |

- |         |                                       |     |
|---------|---------------------------------------|-----|
| 1 tbsp  | fresh or dried rosemary leaves        | 1   |
| 1       | lemon                                 | 2   |
| 1       | large zucchini                        | 3   |
| 6       | large, whole portobello mushroom caps | 4   |
| 1 bunch | fresh basil (6 leaves)                | 4   |
| 1       | mango                                 | 5   |
| 1 bunch | fresh cilantro                        | 5   |
|         | green beans (optional side)           | 1,5 |
|         | broccoli (optional side)              | 2   |
|         | watermelon (optional side)            | 3   |
| 1 head  | lettuce (optional side)               | 4   |
|         | strawberries (optional side)          | 4   |

#### Other Necessities (List Your Own Here)

#### Shelved Items

- |                  |                                 |     |
|------------------|---------------------------------|-----|
| 12 oz            | ziti or other short pasta       | 3   |
| 1 can (15 oz)    | diced tomatoes                  | 3   |
| ½ cup            | white wine                      | 3   |
| 2-3 tbsp         | red pasta sauce                 | 4   |
| 1 jar (12-15 oz) | mild chunky salsa               | 5   |
|                  | baguette (optional side)        | 3   |
| 1 loaf           | 1 loaf of bread (optional side) | 4   |
|                  | yellow rice (optional side)     | 5   |
| ½ cup            | pine nuts (optional side)       | 1,4 |