# The Six O'Clock Scramble, Winter Week 1 Grocery List

		<u>eference (numbers to right of</u> oney-Curry Chicken	ingredient):	Ingredients (cr Meat and Fish	ross off things you already have)	
1S) Basmati Rice & Roasted Cauliflower Poppers			pers	6-8 pieces	Bone-in chicken, any variety	1
2) Savory Mustard Salmon				3 oz.	Cooked andouille sausage, or other sausage	Opt3
		f with Grapes and Pecans & S	Steamed Broccoli	1 1/2 lbs.	Salmon fillet, preferably wild salmon	2
		lacaroni and Cheese		1 lb.	Extra-firm tofu packed in water (or use	4
	,	ns with Sliced Peach or Pear	and Pecans	1 10.	boneless pork, beef or chicken)	•
		v Year Stir-Fry with Tofu or Po			bonciess pork, beer of entekeny	
		own Rice & Asian Dumplings		Refrigerated/Fr	0760	
		y Black Bean and Corn Soup		2 cups	Shredded Cheddar cheese	3
		e Tortilla Chips and Salsa & P				
	55) Homemade	e Torulla Chips and Salsa & P	ineappie	1 cup	Nonfat plain Greek yogurt or sour cream Asian dumplings or eggrolls	Opt5 4S
		a diah far tha aarraananding r		1 pkg. 8-10	1 8 88	43 5S
	S = useu in siue	e dish for the corresponding re	ecipe	16 oz.	Corn tortillas	
					Frozen mixed Oriental vegetables	4 1
	Stanlag (thing	a you may have)		1/4 cup	Orange juice	I
		s you may have)	1.2	Draduas		
	4 Tbsp.	Butter or margarine	1, 3	Produce	Whole eleves gerlie	Opt 19
	1 Tbsp.	Vegetable oil	5S	2 1 Than	Whole cloves garlic	Opt1S
	1 Tbsp.	Olive oil	1S	1 Tbsp.	Chives or scallions	2 Opt 48
	4 tsp.	Sesame or vegetable oil	4	1	Scallion	Opt4S
	1 tsp.	Minced garlic	4	5-7 oz.	Baby greens	3S
	3 Tbsp.	Honey	1	1	Head cauliflower	1S
	1 Tbsp. + 1	Cornstarch	4, Opt1	1-2	Heads broccoli	2S
	tsp.	Deduced fet we see a '	0	1/2		1
	1 1/2 Tbsp.	Reduced fat mayonnaise	2	1/4 cup	Seedless grapes	2S
	1 Tbsp. + 1	Sugar (superfine if	4, Opt4S	1	Peach or pear	3S
	tsp.	possible)		1	Pineapple (or canned pineapple rings)	5S
	1 Tbsp.	Dijon or yellow mustard	1			
	1 1/2 Tbsp.	Dijon mustard	2	Shelved Items	Description	40
	3 Tbsp.	Rice vinegar	4, Opt4S	1 1/2 cups	Basmati rice	1S
	1/2 cup	Reduced-sodium soy	4, Opt4S	1 cup	Bulgur wheat (or use quick-cooking brown	2S
	2-4 Tbsp.	sauce Vinaigrette dressing	3S	2 1/2 cups	rice) Macaroni	3
	3 3/4 cups	Nonfat or low fat milk	3	2 1/2 cups 1-2 cups	White or quick-cooking brown rice	3 4S
	J J/T Cups		0	5 cups	Reduced-sodium chicken or vegetable broth	43 Opt. 1S, 2S
	Spices			5 cups 14 oz.	Corn kernels, naturally sweetened	5
	<u>Spices</u> 1/8 tsp.	Black pepper	Opt2S	45 oz.	Conned black beans, reduced salt, if possible	5 5
	1/8 tsp. 1/2 tsp.	Kosher salt	5S	45 02. 2 cups	Chunky Salsa	5 5, Opt5S
	1/2 lsp. 1 7/8-2 1/8	Salt	55 1, 1S, 3, Opt	z cups	UTUTIKY Jaisa	5, Opt55
		Call	1, 13, 3, Opt 2S	1 tsp.	Creamy horseradish sauce or Chinese	Opt2
	tsp. 3/4 tsp.	Ground cumin	23 1S, 5	i top.	mustard	0pi2
	3/4 tsp. 1/2 tsp.	Chili powder	13, 5 1S	1 Tbsp.	Hoisin sauce or black bean sauce (sold with	4
	172 isp. 1Tbsp.	Curry powder	1	i ibsp.	Asian foods)	т
	1/4 tsp.	Salt-free lemon pepper	Opt. 2S	2 Tbsp.	Chinese mustard or Dijon mustard	Opt4S
	1/ <del>-</del> 10p.	seasoning	opt. 20	2 10sp. 1/4 cup	Chinese duck sauce	Opt4S
	1/4 tsp.	Dry mustard	3	1/4 cup 1/4 cup + 4	Pecans	2S, 3S
	1 stick	Cinnamon	Opt 1S	tsp.	1 000110	20, 00
	6	Whole cloves	Opt1S	ισμ.		
	1/4 tsp.	Nutmeg	3			
	i, i top.		-			
	Other Necessiti	es (List Your Own Here)				
	0110110000000					

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

I) Turkey Mila	Reference (numbers to right c	<u>n ingreuient).</u>	Meat and Fish	ross off things you already have)	
	w or Red Potatoes & Green S	alad with Sliced	1-1 1/2 lbs.	Turkey, chicken or veal cutlets (thin cuts)	1
			1 lb.	Ground turkey or beef or black beans	5
	a (Cajun Jambalaya with Smo				
	ad with Carrots, Red Bell Pep	pers, wanuts and	12 oz.	Smoked ham, sausage or turkey kielbasa or	2
Parmesan Che				vegetarian sausage	
	Curried Tomato Sauce		2 lbs.	Catfish fillets (or use mahi mahi, tilapia, or	3
	Rice & Lemony-Garlic Spinach			other thick white fish fillets)	
<ol> <li>Rigatoni wit</li> </ol>	h Roasted Red Peppers, Wal	nuts and Basil			
IS) Steamed E	Broccoli		Refrigerated/Fr	ozen	
5) Nacho Aver	age Nachos		1 cup	Shredded Cheddar cheese	5
	nd Grapefruit Slices		1/4 cup	Gorgonzola or blue cheese	1S
orange a			2 Tbsp. +	Grated Parmesan cheese	2S, 4
	de dish for the corresponding	racina	1/4 cup	Oraced Familes an encese	20, 4
	de distritor the corresponding	lecipe	· · · · · · · · · · · · · · · · · · ·	Nonfot or low fot cour groom	Ont E
			1 cup	Nonfat or low fat sour cream	Opt5
			1 cup	Guacamole	Opt5
	gs you may have)				
1 Tbsp.	Butter	1	Produce		
1 Tbsp.	Butter or olive oil	1S	2	Medium yellow onions	2, 3
9 Tbsp.	Olive oil	1, 2, 3S, 4, 5			
1 Tbsp.	Vegetable oil	3	2	Whole cloves garlic	Opt3S
3 tsp.	Minced garlic	3, 3S, 4	1/2	Yellow or white onion	4
•	Bread crumbs or panko	, ,	1	Small yellow onion	5
1/2 cup		1	1 cup	Shredded (matchstick cut) carrots	2S
4-8 Tbsp.	Vinaigrette dressing	1S, 2S	1/2	Red bell pepper	20 2S
1	Egg	1			
			1	Green bell pepper	2
<u>Spices</u>			3-4	Stalks celery	2
5/8-1 1/8	Black pepper	2, Opt4S	2	Small heads lettuce	1S, 2S
tsp.		•	15-18 oz.	Baby spinach	3S, Opt3
1 7/8-2 1/8	Salt	1, 1S, 3, 5,	1 cup	Fresh basil	4
tsp.		Opt4S	1-2	Heads broccoli	4S
1/2 tsp.	Dried thyme	2	1-2 lbs.	New or red potatoes	1S
			2	Pears	1S
1/2 tsp.	Ground cumin	2	2	Oranges	5S
3-4	Bay leaves	2	2	Grapefruits	5S
2 tsp.	Curry powder	3		•	
1/4 tsp.	Turmeric	3	1	Lemon	1, 3S
1 Tbsp.	Chili powder	5	<b>o</b> , <b>i i i</b>		
3/8 tsp.	Garlic powder	1S, 5	Shelved Items		
1/2 tsp.	Salt-free lemon pepper	Opt1S&4S	2 cups	White rice	2
	seasoning		1 1/2 cups	Basmati rice	3S
1 ten	0	2	16 oz. '	Rigatoni noodles	4
1 tsp.	Dry mustard	2	6-8 cups	Tortilla chips	5
1/4 tsp.	Cayenne pepper	3	15 oz.	Diced tomatoes, preferably with no salt added	3
1 stick	Cinnamon	Opt3S		Petite diced tomatoes or chunky salsa	5
6	Whole cloves	Opt3S	14 oz.		
			46 oz.	Reduced-sodium chicken or vegetable broth	2, Opt3S
<u> Dther Neces</u> si	ties (List Your Own Here)		12 oz.	Roasted red peppers	4
			15 oz.	Black beans or vegetarian refried beans	5
			1 cup	Salsa	Opt5
			1/4-1/2 cup	Sliced jalapeno peppers or sliced olives	Opt5
			1/4 cup	Pecans	1S
			1/2 cup	Walnuts	2S, 4
			172 Oup		20, 1

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

<u>Meat and Fish</u> 4 12-16 oz. 1-1 1/2 lbs. <u>Refrigerated/Fr</u> 1/4 cup 5 Tbsp. + 1/4 cup 4 oz. 24 oz. 24 oz. <u>Produce</u> 2 1 4	Thin cut boneless pork chops, chicken cutlets, or tilapia fillets Cooked chicken or turkey chorizo (spicy sausage) or other flavored sausage (or use meatless sausage or portobello or cremini mushrooms) Mahi mahi fillets (or other thick white fish) <u>ozen</u> Shredded or grated Parmesan cheese Grated Parmesan cheese Sliced or shredded part-skim mozzarella cheese Frozen cooked winter squash Yellow onions	1 3 2 1S 4, 5 5 3
1-1 1/2 lbs. <u>Refrigerated/Fr</u> 1/4 cup 5 Tbsp. + 1/4 cup 4 oz. 24 oz. <u>Produce</u> 2 1	or tilapia fillets Cooked chicken or turkey chorizo (spicy sausage) or other flavored sausage (or use meatless sausage or portobello or cremini mushrooms) Mahi mahi fillets (or other thick white fish) <u>ozen</u> Shredded or grated Parmesan cheese Grated Parmesan cheese Sliced or shredded part-skim mozzarella cheese Frozen cooked winter squash	2 1S 4, 5 5
1-1 1/2 lbs. <u>Refrigerated/Fr</u> 1/4 cup 5 Tbsp. + 1/4 cup 4 oz. 24 oz. <u>Produce</u> 2 1	Cooked chicken or turkey chorizo (spicy sausage) or other flavored sausage (or use meatless sausage or portobello or cremini mushrooms) Mahi mahi fillets (or other thick white fish) <u>Ozen</u> Shredded or grated Parmesan cheese Grated Parmesan cheese Sliced or shredded part-skim mozzarella cheese Frozen cooked winter squash	2 1S 4, 5 5
1-1 1/2 lbs. <u>Refrigerated/Fr</u> 1/4 cup 5 Tbsp. + 1/4 cup 4 oz. 24 oz. <u>Produce</u> 2 1	sausage) or other flavored sausage (or use meatless sausage or portobello or cremini mushrooms) Mahi mahi fillets (or other thick white fish) <u>ozen</u> Shredded or grated Parmesan cheese Grated Parmesan cheese Sliced or shredded part-skim mozzarella cheese Frozen cooked winter squash	2 1S 4, 5 5
Refrigerated/Fr 1/4 cup 5 Tbsp. + 1/4 cup 4 oz. 24 oz. 24 oz. <u>Produce</u> 2 1	meatless sausage or portobello or cremini mushrooms) Mahi mahi fillets (or other thick white fish) <u>ozen</u> Shredded or grated Parmesan cheese Grated Parmesan cheese Sliced or shredded part-skim mozzarella cheese Frozen cooked winter squash	1S 4, 5 5
Refrigerated/Fr 1/4 cup 5 Tbsp. + 1/4 cup 4 oz. 24 oz. 24 oz. <u>Produce</u> 2 1	mushrooms) Mahi mahi fillets (or other thick white fish) ozen Shredded or grated Parmesan cheese Grated Parmesan cheese Sliced or shredded part-skim mozzarella cheese Frozen cooked winter squash	1S 4, 5 5
Refrigerated/Fr 1/4 cup 5 Tbsp. + 1/4 cup 4 oz. 24 oz. 24 oz. <u>Produce</u> 2 1	Mahi mahi fillets (or other thick white fish) ozen Shredded or grated Parmesan cheese Grated Parmesan cheese Sliced or shredded part-skim mozzarella cheese Frozen cooked winter squash	1S 4, 5 5
Refrigerated/Fr 1/4 cup 5 Tbsp. + 1/4 cup 4 oz. 24 oz. 24 oz. <u>Produce</u> 2 1	ozen Shredded or grated Parmesan cheese Grated Parmesan cheese Sliced or shredded part-skim mozzarella cheese Frozen cooked winter squash	1S 4, 5 5
1/4 cup 5 Tbsp. + 1/4 cup 4 oz. 24 oz. <u>Produce</u> 2 1	Shredded or grated Parmesan cheese Grated Parmesan cheese Sliced or shredded part-skim mozzarella cheese Frozen cooked winter squash	4, 5 5
1/4 cup 5 Tbsp. + 1/4 cup 4 oz. 24 oz. <u>Produce</u> 2 1	Shredded or grated Parmesan cheese Grated Parmesan cheese Sliced or shredded part-skim mozzarella cheese Frozen cooked winter squash	4, 5 5
5 Tbsp. + 1/4 cup 4 oz. 24 oz. <u>Produce</u> 2 1	Grated Parmesan cheese Sliced or shredded part-skim mozzarella cheese Frozen cooked winter squash	4, 5 5
1/4 cup 4 oz. 24 oz. <u>Produce</u> 2 1	Sliced or shredded part-skim mozzarella cheese Frozen cooked winter squash	5
4 oz. 24 oz. <u>Produce</u> 2 1	cheese Frozen cooked winter squash	
24 oz. <u>Produce</u> 2 1	cheese Frozen cooked winter squash	
Produce 2 1	Frozen cooked winter squash	3
Produce 2 1	Frozen cooked winter squash	3
Produce 2 1		-
2 1	Yellow onions	
2 1	Yellow onions	
1		3, 4
	Small yellow onion	3, 4 4S
4	Large carrots	43 5S
1 2		55 5S
1-2	Red bell peppers	
		4S
1 bunch		1S
		2
		5
4	Apples	2S
1/2	Lemon	2
Sholved Itoms		
	Loof whole grain broad	10
		1S 3S
3/4 cup		5
2		5
L		0
1/2 cup		1
n∠ cup		I
1 mbs	,	00
		2S
		4
		3, 4
		5
32 oz.	Reduced-sodium chicken or vegetable broth	3
2 oz.	Anchovies	4
2 Tbsp.	Capers	4
1 cup	Pitted kalamata olives	4
	Apricot preserves or jam	1
	Unsalted peanuts	1
	•	
2-3 Tbsp.	Dried cranberries	1S
	1 1 bunch 1/2 tsp. 1 4 1/2 <u>Shelved Items</u> 1 1 pkg. 3/4 cup 2 1/2 cup 1 pkg. 16 oz. 56 oz. 1 cup 32 oz. 2 oz. 2 Tbsp. 1 cup 3 Tbsp. 1/2 cup	1       Small head lettuce         1 bunch       Kale, Swiss chard, collards, or other hearty greens         1/2 tsp.       Fresh or dried rosemary         1       Medium eggplant         4       Apples         1/2       Lemon         Shelved Items       I         1       Loaf whole grain bread         1 pkg.       Thin crispy Italian bread sticks         3/4 cup       Stoned wheat crackers, panko, or bread crumbs         2       8-10 inch sandwich loaves of soft whole grain bread         1/2 cup       Panko (Japanese-style bread crumbs, whole wheat, if available)         1 pkg.       Rice pilaf         16 oz.       Penne or other similarly shaped pasta         56 oz.       Crushed tomatoes         1 cup       Red pasta sauce or tomato sauce         32 oz.       Reduced-sodium chicken or vegetable broth         2 oz.       Anchovies         2 Tbsp.       Capers         1 cup       Pitted kalamata olives         3 Tbsp.       Apricot preserves or jam         1/2 cup       Unsalted peanuts

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

	eference (numbers to right of and Black Bean Chili	ingredient):	Ingredients (cr Meat and Fish	ross off things you already have)	
<b>IS)</b> Caesar Sal			1000000000000000000000000000000000000	Ground turkey or vegetarian ground meat	1
,					1 Ort 5
	oulet with White Beans and Sa		1-2 oz.	Salami	Opt5
	ussels Sprouts & Spaetzle (G	erman Dumplings)	12-16 oz.	Gimme Lean (meatless) sausage or 1 lb.	2
	Chinese Black Bean Sauce	<b>–</b>		uncooked pork or turkey sausage	
	Vhite Rice & Sesame Stir-fried		4	Tilapia fillets (or use flounder, cod, or other	3
	undried Tomatoes and Goat C	heese		thin white fish fillets)	
S) Roasted Ba	aby Carrots				
) French Bread	d Calzones		Refrigerated/Fr	<u>ozen</u>	
Spinach Sa	alad With Mushrooms, Onions	And Parmesan	1 cup	Part-skim shredded mozzarella cheese	5
heese			1/4 cup	Grated or shredded Parmesan cheese	5S
			1/4 cup	Shredded Parmesan cheese	1S
i = used in side	e dish for the corresponding re	cipe	2-3 oz.	Goat cheese	4
			2 pkgs.	(11 oz. each) Pillsbury Low Fat Crusty French	5
			z prigo.	Roll or Pizza Dough	0
toplog (thing	s you may have)			Roll of 1 122a Dough	
		26	Droduce		
1-2 Tbsp.	Butter or olive oil	2S	Produce	Vallew aniana	1 2 4
10-11 Tbsp.	Olive oil	1, 1S, 2, 2S, 4,	2 1/2	Yellow onions	1, 2, 4
		4S	4	Scallions	3
1 Tbsp. + 1	Sesame oil	3, 3S	1/4-1/2	Red or yellow onion	5S
tsp.					
4 1/2-5 1/2	Minced garlic	1, 1S, 2, 3, 3S	1 lb.	Baby carrots	4S
tsp.	-		1	Small head romaine lettuce	1S
2 Tbsp.	Reduced fat mayonnaise	1S			
1/4 cup	Bread crumbs	2	7-9 cups	Baby spinach	5S
1 Tbsp.	Honey	3	1/2-1 tsp.	Fresh or dried rosemary	4
	Worcestershire sauce	3 1S	1/2-1 tsp. 1 lb.		4 2S
1 tsp.				Brussels sprouts	
1 Tbsp.	Reduced-sodium soy	3S	1 lb.	Broccoli	3S
	sauce		2 cups	Sliced mushrooms	5, 5S
2-4 Tbsp.	Salad dressing, such as	5S	1 tsp.	Fresh ginger	3
	Annie's Goddess, ranch or		1/2	Lemon	1S
	Italian				
1 dash	Hot pepper sauce (such as	1	Shelved Items		
	Tabasco)		3/4-1 cup	Croutons or pita chips	Opt1S
			10 oz.	Spaetzle (German dumplings) or use gnocchi	2Ś
pices				or orzo	
1/2-3/4 tsp.	Salt	2S, 4	1-2 cups	Quick-cooking brown rice or regular white rice	3S
1/2-3/4 tsp.	Kosher salt	2S, 4S	16 oz.	Rotini noodles	4
1/4-3/8 tsp.	Black pepper	4, 4S	6 oz.	Tomato paste	1
•	Dried basil		30 oz.	Diced tomatoes	2, 4
1/2 tsp.		2			
1/2 tsp.	Dried oregano	2 Opt 48	1/2 cup	Julienne-cut sundried tomatoes	4
1/8 tsp.	Ground ginger	Opt4S	1 cup	Red pasta sauce or tomato sauce	5
1 Tbsp.	Chili powder	1	15 oz.	Diced tomatoes with green chilies (sold with	1
				Mexican foods)	
ther Necessiti	<u>es (List Your Own Here)</u>		9-10 oz.	Corn kernels, naturally sweetened	1
			15-19 oz.	Canned cannellini beans or white kidney	2
				beans	
			15 oz.	Canned black beans	1
			1/2 tsp.	Anchovy paste	1S
			1 Tbsp.	Rice wine	3
			2 Tbsp.	Chinese black bean sauce	3
			z rusp.	CHINGSE DIACK DEAN SAULE	5

# The Six O'Clock Scramble, Winter Week 5 Grocery List

	Reference (numbers to right of	ingredient):		ross off things you already have)	
	icken with Lemon and Capers	1.2.1	Meat and Fish		
	1S) Roasted Sweet Potato Slices & Crispy Breadsticks		1 1/2 lbs.	Boneless, skinless chicken breasts	1
	imp (or Chicken)		4 oz.	Bacon (turkey, pork or meatless)	3
2S) Steamed F			1 lb.	Large shrimp, peeled and deveined or	2
	h Diced Tomatoes and Bacon			boneless chicken breasts	
	Broccoli Tossed With Olive Oil	and Grated			
Parmesan Che		•	Refrigerated/Fr		
	eamy Potato, Leek and Barley		1-2 Tbsp. +	Grated Parmesan cheese	3, 3S
	Fruit Salad & Whole Wheat or	White Dinner Rolls	3/4 cup		
	nin Black Beans over Rice		1 cup	Shredded Swiss cheese	4
<b>5S)</b> Corn			2 Tbsp.	Plain nonfat or low fat yogurt or sour cream	4S
<b>a</b>			10-16 oz.	Frozen peas	2S
S = used in sid	le dish for the corresponding re	ecipe	1 lb.	Frozen corn kernels	5S
o			1/2 cup	Orange juice	5
	s you may have)	40	Deeduce		
1 Tbsp.	Canola or olive oil	1S	Produce	Valley, an inter-	0.0
2 Tbsp. + 1	Butter or margarine	2, 5S	1 1/4	Yellow onions	2, 3
tsp.	Dutter	4	1	Shallot	5
2 Tbsp.	Butter	4	2	Carrots	4
5 Tbsp.	Olive oil	1, 3, 3S, 5	3	Leeks	4
1 Tbsp. + 1	Minced garlic	1, 2	2	Stalks celery	5
1/2 tsp.	11	10.0.1.1	2	Tomatoes	2
2 Tbsp.	Honey	4S, Opt1	1/2 tsp.	Fresh or dried rosemary	4
2 Tbsp.	Brown sugar	1S, Opt5	1-2	Heads broccoli	3S
1 oz.	Tequila or rum	Opt2	2	Large sweet potatoes	1S
0			3	Medium white potatoes	4
Spices	Colt	4.0	1 3/8-1 7/8	Lemon	1, 2, 4S
1/2-3/4 tsp.	Salt	1, 2	1/4	Lime	Opt5S
3/8 tsp.	Black pepper	1, 2, 4	6 cups	fresh fruit, such as cantaloupe, blueberries,	4S
1/2 tsp.	Cinnamon	1S		strawberries, bananas, and/or grapes	
1 tsp.	Ground cumin	5			
1 tsp.	Chili powder	5 Opt 2	Chalved Itoma		
1/8 tsp.	Crushed red pepper flakes	Opt2	Shelved Items	Whole wheat or white disper rolls	40
1/4 tsp.	Allspice or cloves	1S	1 pkg.	Whole wheat or white dinner rolls	4S
	tion (Lint Vour Own Lloro)		1 pkg.	Thin crispy Italian breadsticks	1S
Other Necessi	ties (List Your Own Here)		7-10 oz.	Rice noodles or white rice	2
			16 oz.	Rigatoni noodles Quick-cooking or regular barley	3 4
			1 cup 1-1 1/2 cups	White or quick-cooking brown rice	5
				Diced tomatoes with Italian seasoning	3
			28-30 oz. 6 1/2 cups	Reduced-sodium chicken or vegetable broth	3 4, 5
			28-30 oz.	Canned black beans	4, 5 5
			28-30 02. 1/4 cup	Light unsweetened coconut milk	2
			2 Tbsp.	Capers	1
			z rusp.	Capers	Į

# The Six O'Clock Scramble, Spring Week 1 Grocery List

1S) Couscous & Asparagus with Pine Nuts       2 lbs.       Boneless, skinless chicken breasts       1         2) Grilled Caramelized Ginger Salmon       1 lb.       Ground beef, turkey, or vegetarian ground       3         2S) White or Brown Rice & Green Salad with Red Bell Peppers,       neat       1       1b.       meat         2) Grilled Caramelized Ginger Salmon       2       11/2 lbs.       Salmon filet, preferably wild salmon       2         3) San Francisco Joes       3       Francisco Joes       1       1/2 lbs.       Gorgonzola cheese       4S         3) San Francisco Joes       3       Asvioli with Spinach and Sundried Tomatoes       4S       1/4 cup       Gorgonzola cheese       4S         4) Ravioli with Spinach and Sundried Tomatoes       2       2 bsp.       Gorgonzola cheese       4S         5) Mango and Black Bean Salad       20 oz.       Cheese ravioli, or any variety       4         6       Whole wheat or white tortillas       Opt5         5) Avocados With Lime       6       Scallions       2, 2S         6 Tbsp.       Olive oil       1, 1S, 3, 4       1       Yellow onion       5         1 Tbsp.       Canola or vegetable oil       2       1/4       Vidalia or other yellow onion       5         2 tsp.       Minced garlic <th>S) Couscous &amp; Asparagues with Pine Nuts       2 bs.       Boneless, sknless chicken breasts       1         S) White or Brown Rice &amp; Green Salad with Red Bell Peppers,       1       1.       Ground Deef, turkey, or vegetaring ground       3         S) Sh red of Carnes and Ginger Dressing,       1       1.       1.       1.       1.       2.         S) Rot or Canage Bell Peppers with Light Ranch Dressing       2       1.       1.12 lbs.       Salmon file, preferably wild salmon       2         S) Avocados With Grages, Valnuts and Gorgonzola Cheese       3.       3.       1.       1.12 lbs.       Salmon file, preferably wild salmon       2         S) Avocados With Lime       2       2.02.       Cheese ravioli, or any variety       4.         6       Sognand Black Bean Salad       3.       20.2.       Forzen chopped spinach       3.         1       1.       1.5.3.4       1.       Yellow onion       5.       1.         6       Scallions       2.25       2.25       1.       Yellow onion       5.       2.5         11/4 cup       Reduced-sodium soy       2       1.       1.4       Yellow onion       5.       2.5         12 hey       Nineed garlic       1.4.4       1.4       Yellow onion       5.       2.5</th> <th>1) Lemon Oreg</th> <th>Reference (numbers to right of nano Chicken</th> <th>ingreatent).</th> <th>Meat and Fish</th> <th>ross off things you already have)</th> <th></th>	S) Couscous & Asparagues with Pine Nuts       2 bs.       Boneless, sknless chicken breasts       1         S) White or Brown Rice & Green Salad with Red Bell Peppers,       1       1.       Ground Deef, turkey, or vegetaring ground       3         S) Sh red of Carnes and Ginger Dressing,       1       1.       1.       1.       1.       2.         S) Rot or Canage Bell Peppers with Light Ranch Dressing       2       1.       1.12 lbs.       Salmon file, preferably wild salmon       2         S) Avocados With Grages, Valnuts and Gorgonzola Cheese       3.       3.       1.       1.12 lbs.       Salmon file, preferably wild salmon       2         S) Avocados With Lime       2       2.02.       Cheese ravioli, or any variety       4.         6       Sognand Black Bean Salad       3.       20.2.       Forzen chopped spinach       3.         1       1.       1.5.3.4       1.       Yellow onion       5.       1.         6       Scallions       2.25       2.25       1.       Yellow onion       5.       2.5         11/4 cup       Reduced-sodium soy       2       1.       1.4       Yellow onion       5.       2.5         12 hey       Nineed garlic       1.4.4       1.4       Yellow onion       5.       2.5	1) Lemon Oreg	Reference (numbers to right of nano Chicken	ingreatent).	Meat and Fish	ross off things you already have)	
2) Grilled Caramelized Ginger Salmon 5) Morte on Rice & Green Salad with Red Bell Peppers, Toasted Almonds, Shredded Carots and Ginger Dressing, 3) San Francisco Joes 33) Red or Orange Bell Peppers with Light Ranch Dressing, 4) Aavoid with Spinach and Sundried Tomatos 43) Green Salad With Grapes, Walnuts and Gorgonzola Cheese 43) Green Salad With Grapes, Walnuts and Gorgonzola Cheese 43) Green Salad With Ime 53) Avocados With Lime 53) Avocados With Lime 53 – Jacoba Market Status and Gorgonzola Cheese 54) Green Salad With Grapes, Walnuts and Gorgonzola Cheese 45) Green Salad With Grapes, Walnuts and Gorgonzola Cheese 45) Green Salad With Grapes, Walnuts and Gorgonzola Cheese 45) Green Salad With Ime 53) Avocados With Lime 54) Avocados With Lime 55) Avocados With Lime 56 Lage Walnuts 56 Large Berown sugar 16 L 1, 15, 3, 4 17 bsp. 57 Canola or vegetable oil 2 C Free C 56 Canola or vegetable oil 2 Libe, 2 Tbsp. 57 Canola or vegetable oil 2 Libe, 2 Tbsp. 57 Canola or vegetable oil 2 Libe, 2 Tbsp. 57 Canola or vegetable oil 2 Libe, 2 Tbsp. 57 Canola or vegetable oil 2 Libe, 2 Tbsp. 57 Canola or vegetable oil 2 Libe, 2 Tbsp. 57 Canola or vegetable oil 2 Libe, 2 Libe, 2 Libe, 3	) Critled Caramelized Ginger Salmon 11. Ground beet, turkey, or vegetarian ground 3 S) White or From Rice & Green Salad with Red Bell Peppers S) Red or Orange Bell Peppers with Light Ranch Dressing S) Red or Orange Bell Peppers with Light Ranch Dressing S) Red or Orange Bell Peppers with Light Ranch Dressing S) Anago and Back Bean Salad 3 S) Arecados With Lime 3 S) Avocados With Lime 2 S) Avocados With Lime 3 S) Avocados Vithe S S) Bickel S (Lime 3 S) Avocados Vithe S S) Avocados S S) Avocados Vith Lime 3 S) Avocados Vith Lime 3 S) Avocados Vith Lime 3 S) Avocados Vith Lime 3 S) Avocados Vithe S S) Avocados Vithe S S) Solve Construction S S) Avocados Vithe S S) Avocados S S) Consol S S) Avocados S S) Avocados S S) Avocados S S) Avocado					Boneless, skinless chicken breasts	1
25) White or Brown Rice & Green Salad with Red Bell Peppers,       meat       meat       11/2 lbs.       Salmon filet, preferably wild salmon       2         3) San Francisco. Joes       35       Refrigerated/Frozen       11/2 lbs.       Salmon filet, preferably wild salmon       2         4) Ravioli with Spinach and Sundried Tomatoes       15       Gregon Sald With Grages, Wahuts and Gorgonzola Cheese       3         5) Mango and Black Bean Salad       Gorgonzola Cheese       3       3         5) Ango and Black Bean Salad       10 oz.       Frozen chopped spinach       3         5 = used in side dish for the corresponding recipe       10 oz.       Frozen chopped spinach       3         Staptes (things you may have)       6       Scallions       2, 2S         6       Scallions       2, 2S       1       Yellow onion       3, 4         1 / 4 cup       Gradina or vegetable oil       1, 4       1/4 cup       Scallions or chives       5         1 / 4 cup       Brown sugar       1       Head romaine lettruce       4       2         1 / 4 cup       Stallons or chives       5       1       Head romaine lettruce       4         2 / 4 cup       White wine       3       1       Head romaine lettruce       4         2 / 4 proj       Sal	S) White or Brown Rice & Green Salad with Red Bell Peppers, osated Almonds, Shredded Carots and Ginger Dressing. ) San Francisco Joes (S) Red or Crange Bell Peppers with Light Ranch Dressing ) Rayon and Black Bean Salad (S) Green Salad With Grapes Walnuts and Gorgonzola Cheese ) Mango and Black Bean Salad (S) Green Salad With Grapes Walnuts and Gorgonzola Cheese ) Mango and Black Bean Salad (S) Avocados With Lime S) Avocados With Lime (S) Avocados (S)						
Totasted Almonds, Shredded Carrots and Ginger Dressing.       11/2 lbs.       Salm Francisco Joes       2         JS and Francisco Joes       11/2 lbs.       Salm Annoisco Joes       3         JS and Francisco Joes       11/2 lbs.       Salm Kandisco Joes       4         JS and Francisco Joes       11/2 lbs.       Salm Kandisco Joes       4         JS and Francisco Joes       20 oz.       Cheese ravioli, or any variaty       4         JS Andranics JS and Black Bean Salad       6       Whole wheat or white tortillas       Opt-5         JS and Francisco Joes       11/2 lbs.       Salmon filet, preferably wild salmon       2         SJ Avcadate With Lime       6       Support Salmanois Carolis or any variaty       4         S = used in side dish for the corresponding recipe       6       Salmon filet, preferably wild salmon       5         Stapes (things you may have)       6       6       Scallions       2,2S         S Topon, Sugar       1       1/4 Vidalia or other yellow onion       5         1 S z Tosp, Wanger Salmano Salm	ioasted Almonds, Shredded Carrots and Ginger Dressing. S) Red ro Orange Bell Peppers with Light Ranch Dressing Plavioli with Spinach and Soundied Tomatoes     11/2 lbs.     Salmon filet, preferably wild salmon     2       S) Red ro Orange Bell Peppers with Light Ranch Dressing Plavioli with Spinach and Soundied Tomatoes     11/2 lbs.     Salmon filet, preferably wild salmon     2       S) Green Salad With Grapes, Walnuts and Gorgonzola Cheese     1/4 cup     Graded Parmeas cheese     3       S) wood South Lime     7 Book     Corgonzola cheese     4       S) wood South Lime     7 Book     Corgonzola cheese     4       S) wood South Lime     7 Book     Corgonzola cheese     3       S = used in side dish for the corresponding recipe     Froduce     6     Whole wheat or white tomalias     Opt-5       Tosp.     Canola or vegetable oil     2     1/4 Vidalia or other yellow onion     5       2 top.     Minced garlic     1, 4     1/4 cup     Nacdalia or other yellow onion     5       1/4 cup     Reduced-sodium soy     2     1/2 Red tor orange bell pepper     2     2       2 tops.     Sonor sauce     1     Head tomaine ellow or bok choy     2       2 tops.     Sonor sauce     1     Head tomaine ellow or bok choy     2       1/4 cup     Write wine     3     6     Carge Boston or butter lettuce leaves     0			Red Bell Penners	1 10.		U
a) San Francisco Joes (1) San Francisco Joes (1) San Gard Orange Bell Peppers with Light Ranch Dressing (1) Ranch Dressing (1) Ranch Dressing (1) Ranch Dressing (2) Reservation (2) Cheese ravioli, or any variety (2) Grated Parmesan cheese (3) (2) Cheese ravioli, or any variety (4) (2) Crated Sand Cheese (2) Cheese ravioli, or any variety (4) (5) Avocados With Lime (5) Avocados (5) A	) San Francisco Joes 0 (1) Sinder Orange Bell Peoplers with Light Ranch Dressing ) Ravio Uwith Spinach and Sundried Tomatoes (5) Green Stated With Grapes Walnuts and Gorgonzola Cheese ) Mango and Black Bean Salad (5) Avocados With Lime 2 (2) Carcial or any barrier (2) (2) (2) (2) (2) (2) (2) (2) (2) (2)				1 1/2 lbc		2
Sig Red or Orange Bell Peppers with Light Ranch Dressing (1) Ravioli with Spinach and Spi Avacados With Lime       2 Tbsp.       Gorgonzola cheese       3 2         Sig Green Salad With Grapes, Walnuts and Gorgonzola Cheese       1/4 cup       Gardan Damesan cheese       3         Sig Green Salad With Lime       6       Whole wheat or white tortillas       Opt5         Sig Leader in side dish for the corresponding recipe       6       Scallions       2, 2S         Staples (things you may have)       6       Scallions       2, 2S         6 Tbsp.       Canola or vegetable oil       2       1/4       Yidalia or other yellow onion       5         7 trops.       Brown sugar       1       1, 4       1/4 cup       Scallions       2, 2S         14 cup       Reduced-sodium soy       2       1/2       Red or orange bell peppers       3S         14 cup       Worestershie sauce       3       1       Head Intrue       4S         2 trops.       Worestershie sauce       3       1       Head Intrue       4S         2 trops.       Worestershie sauce       3       1       Head Intrue       4S         2 trops.       Vinaigrette dressing       4S       6       Large Boston or butter	Sin Red or Orange Bell Peppers with Light Ranch Dressing       Refrigerated/Frozen       Section       Section <td< td=""><td></td><td>,</td><td>yer Dressilly.</td><td>1 1/2 IDS.</td><td>Samon nier, preferably wild Samon</td><td>2</td></td<>		,	yer Dressilly.	1 1/2 IDS.	Samon nier, preferably wild Samon	2
1) Ravioli with Spinach and Sundried Tomatoes     2 Tbsp.     Gorgonzola cheese     4S       1) Mago and Black Bean Salad     20 cz.     Cheese ravioli, or any variety.     4       6     Whole wheat or white tortillas     Opt5       3 = used in side dish for the corresponding recipe     Frozen chepped spinach     3       Staples (things you may have)     6     Scallions     2, 2S       6 Tbsp.     Canola or vegetable oil     1, 1S, 3, 4     1     Yellow onion     5       2 tsp.     Minced garlic     1, 4     1/4 cup     Scallions or chives     5       1/4 cup     Reduced-sodium soy     2     1/2     Red bell pepper     2S       1/4 cup     White wine     3     1     Head formale lettuce     4S       2 Tbsp.     Worcestershire sauce     3     1     Head formale lettuce     4S       2 Tbsp.     Vincaigrette dressing     4S     6     Large Boston or butter lettuce leaves     Opt5       2 tbp.     Vinaigrette dressing     4S     6     Scallions     2     2       2 tbp.     Vinaigrette dressing     4S     6     Baby spinach     4       2     Tbsp.     Stalt     1, 3, 3, 5, 5S     2/4     Avocados     5       1/4 cup     Stalt     1, 15, 3, 5, 5S<	) Ravioli with Spinach and Sundried Tomatoes (S) Green Staled With Grapes (Wahuts and Gorgonzola Cheese (S) Mango and Black Bean Salad (S) Avocados With Lime (C) Cheese ravioli or any variety (C) C C Cheese ravioli or any variety (C) C C C C C C C C C C C C C C C C C C	,		anch Dressing	Refrigerated/Er	ozen	
S) Green Salad With Grapes, Walnuts and Gorgonzola Cheese       1/4 cup       Graied Parmesan cheese       3         S) Avocados With Lime       6       Whole wheat or white tortillas       Opt5         s = used in side dish for the corresponding recipe       6       Scallions       2, 2S         Kaples (things you may have)       6       Scallions       2, 2S         6 Tbsp,       Canola or vegetable oil       1, 4, 4       1/4 Cup       Scallions       2, 2S         1 Acup       Reduced-sodium soy       2       1/4       Vidalia or other yellow onion       5         1 Acup       Reduced-sodium soy       2       1/2       Red bell pepper       2S         1 Acup       Netwine       3       1       Head romaine lettuce or took choy       2S         1 Acup       Vinaigretic dressing       4       6       Large Boston or butter lettuce leaves       Opt5         1 Acup       Vinaigretic dressing       3       1       Head romaine lettuce       Opt5         2 Tbsp.       Worestershire sauce       3       1       Tbsp.       Castlo son or butter lettuce leaves       Opt5         2 Large Boston or butter lettuce       1, 3, 3, 5, 5S       2.4       Avocados       S       1/2         1 Adstip. <t< td=""><td>S) Green Salad With Crapes, Walnuts and Gorgonzola Cheese       1/4 cup       Graed Parmesan cheese       3         Anago and Black Bean Salad       0 oz.       Cheese ravioli, or any variety       4         6       Whole wheat or white tortillas       Opt5         a used in side dish for the corresponding recipe       Frozen chopped spinach       3         tappes (things you may have)       6       Scallions       2.25         6 Tosp.       Olive oil       1, 15, 3, 4       1       Yelow orion       3, 4         1 Tosp.       Canola or vegetable oil       2       1, 4       Yelow orion       5         2 tsp.       Minced garlic       1, 4       1/4 cup       Scallions       2.25         1/4 cup       Reduced-sodium soy       2       1/2       Red bell peper       28         1/4 cup       Scallions       1       Head romaine leftuee or took choy       28         2 Tosp.       Worcestershire sauce       3       1       Head romaine leftue or took choy       28         2 tarbsp.       Vinaigrette dressing       45       6       C       aboy spinach       4         2       Eggs       3       1       Head romaine leftue or took choy       28         1/4 solt stp.       Black</td><td></td><td></td><td></td><td></td><td></td><td>19</td></t<>	S) Green Salad With Crapes, Walnuts and Gorgonzola Cheese       1/4 cup       Graed Parmesan cheese       3         Anago and Black Bean Salad       0 oz.       Cheese ravioli, or any variety       4         6       Whole wheat or white tortillas       Opt5         a used in side dish for the corresponding recipe       Frozen chopped spinach       3         tappes (things you may have)       6       Scallions       2.25         6 Tosp.       Olive oil       1, 15, 3, 4       1       Yelow orion       3, 4         1 Tosp.       Canola or vegetable oil       2       1, 4       Yelow orion       5         2 tsp.       Minced garlic       1, 4       1/4 cup       Scallions       2.25         1/4 cup       Reduced-sodium soy       2       1/2       Red bell peper       28         1/4 cup       Scallions       1       Head romaine leftuee or took choy       28         2 Tosp.       Worcestershire sauce       3       1       Head romaine leftue or took choy       28         2 tarbsp.       Vinaigrette dressing       45       6       C       aboy spinach       4         2       Eggs       3       1       Head romaine leftue or took choy       28         1/4 solt stp.       Black						19
20) Mango and Black Bean Salad20 oz.Cheese ravioli, or any variety4(5) Avocados With Lime6Whole wheat or white tortillasOpt5(5) Avocados With Lime6Whole wheat or white tortillasOpt5(5) Avocados With Lime1, 1S, 3, 410 oz.Frozen chopped spinach3(5) Avocados With Lime1, 1S, 3, 41Yellow onion3, 4(5) Tsp.Canola or vegetable oil21Yellow onion52 tsp.Mineed garlic1, 41/4Vidia or other yellow onion52 Tbsp.Brown sugar111 cupPre-shredded carrots2S2 tupReduced-sodium soy21/2Red or orange bell peppers2S2 Tbsp.Worcestershire sauce31Head lettuce42 tupWinite wine366.9 oz.Baby spinach42 tup.Kosher sati1140pt50pt51/4 -30 Bp.Black pepper1S, 3151/4 cupFresh clantro0pt51/4-3/8 Bp.Black pepper1S, 311/2Limes311/2 tsp.Cusher sati111/2 cupSeles spurple grapes4S3/4 11/8Sati1S, 3, 5, 5S1/2 cupSeledes spurple grapes4S1/4-3/8 Bp.Black pepper311/12 cupMango, fresh or frozen51/2 tsp.Cusher free lemon pepper311/12 cupMango, fresh or frozen5 <td>Mange and Black Bean Salad       20 oz.       Cheese ravioli, or any variety       4         S) Avocados With Lime       6       Whole wheat or white tortillas       Opt5         S = used in side dish for the corresponding recipe       Frozen chopped spinach       3         staples (things you may have)       6       Scallions       2, 2S         6 Tbsp.       Oive oil       1, 1S, 3, 4       1       Yellow onion       5         2 tsp.       Minced garlic       1, 4       1/4 cup       Scallions or chives       5         2 Tbsp.       Brown sugar       1       1       1 cup       Pre-stredded carrots       2S         1/4 cup       Reduced-sodium soy       2       1/2       Red bell pepper       2S       2S         1/4 cup       Sauce       1       Head romaine lettuce or bok choy       2S       2S         1/4 cup       Vinaigrette dressing       4S       6-9 oz.       Baby spinach       4         2       Eggs       3       6-9 oz.       Biby spinach       4         1/2 tsp.       Kosher sait       1       S, 3, 5, 5S       1/4 cup       Fresh ginger       2         1/2 tsp.       Drid oregano       1       11/2       Limes       5, 5S       5&lt;</td> <td></td> <td></td> <td></td> <td></td> <td>5</td> <td></td>	Mange and Black Bean Salad       20 oz.       Cheese ravioli, or any variety       4         S) Avocados With Lime       6       Whole wheat or white tortillas       Opt5         S = used in side dish for the corresponding recipe       Frozen chopped spinach       3         staples (things you may have)       6       Scallions       2, 2S         6 Tbsp.       Oive oil       1, 1S, 3, 4       1       Yellow onion       5         2 tsp.       Minced garlic       1, 4       1/4 cup       Scallions or chives       5         2 Tbsp.       Brown sugar       1       1       1 cup       Pre-stredded carrots       2S         1/4 cup       Reduced-sodium soy       2       1/2       Red bell pepper       2S       2S         1/4 cup       Sauce       1       Head romaine lettuce or bok choy       2S       2S         1/4 cup       Vinaigrette dressing       4S       6-9 oz.       Baby spinach       4         2       Eggs       3       6-9 oz.       Biby spinach       4         1/2 tsp.       Kosher sait       1       S, 3, 5, 5S       1/4 cup       Fresh ginger       2         1/2 tsp.       Drid oregano       1       11/2       Limes       5, 5S       5<					5	
SS) Avocados With Lime       6       Whole wheat or white torillas       Opt-5         S = used in side dish for the corresponding recipe       10 oz.       Frozen chopped spinach       3         Staples (things you may have)       6       Scallions       2, 2S         6 Tbsp.       Clive oil       1, 15, 3, 4       1       Yellow onion       3, 4         1 Tbsp.       Cancla or vegetable oil       2       1/4       Vidalia or other yellow onion       5         2 tsp.       Minced gartic       1, 4       1/4 cup       Scallions or chives       5         1 /4 cup       Reduced-sodium soy       2       1/2       Red or orange bell pepper       28         3 /4 2       Eggs       3       1       Head romaine lettuce or bok choy       28         2 Tbsp.       White wine       3       1       Head romaine lettuce or bok choy       28         2 Tbsp.       Worcestershire sauce       3       1       Head romaine lettuce letuce leaves       Opt-5         2 4 Tbsp.       Vinaligrette dressing       4S       6       Large Boston or butter lettuce leaves       Opt-5         1 /4-30 ftsp.       Black pepper       1S, 3       1 Tbsp.       Sliced mushrooms       3       1         1 /2 tsp. <t< td=""><td>S) Avocados With Lime       6       Whole where or white fontillas       Opt-5         S = used in side dish for the corresponding recipe       Frozen chopped spinach       3         Stapes (things you may have)       6       S callions       2, 2S         6 Tbsp.       Clave oil       1, 15, 3, 4       1       Yeldworin       3, 4         1 Tbsp.       Canola or vegetable oil       2       1/4       Vidalia or other yellow onion       5         2 tsp.       Minced garlic       1, 4       1/4       Vidalia or other yellow onion       5         1/4 cup       Reduced-sodium soy       2       1/2       Red bell pepper       2S         1/4 cup       Reduced-sodium soy       2       1/2       Red bell pepper       2S         1/4 cup       Nonestershire sauce       3       1       Head romaine lettuce or bok choy       2S         2 Tbsp.       Worestershire sauce       3       6       Carge Boston or butter lettuce leaves       Opt-5         1/4 cup       Idak pepper       1S, 3       8 oz       Sliced mushnoms       3       1S         1/4 sittsp.       Black pepper       1S, 3       1Dsp.       Fresh ginger       2       2         2 tarbsp.       Noredona       1       <t< td=""><td></td><td></td><td>Solgonzola Cheese</td><td></td><td></td><td></td></t<></td></t<>	S) Avocados With Lime       6       Whole where or white fontillas       Opt-5         S = used in side dish for the corresponding recipe       Frozen chopped spinach       3         Stapes (things you may have)       6       S callions       2, 2S         6 Tbsp.       Clave oil       1, 15, 3, 4       1       Yeldworin       3, 4         1 Tbsp.       Canola or vegetable oil       2       1/4       Vidalia or other yellow onion       5         2 tsp.       Minced garlic       1, 4       1/4       Vidalia or other yellow onion       5         1/4 cup       Reduced-sodium soy       2       1/2       Red bell pepper       2S         1/4 cup       Reduced-sodium soy       2       1/2       Red bell pepper       2S         1/4 cup       Nonestershire sauce       3       1       Head romaine lettuce or bok choy       2S         2 Tbsp.       Worestershire sauce       3       6       Carge Boston or butter lettuce leaves       Opt-5         1/4 cup       Idak pepper       1S, 3       8 oz       Sliced mushnoms       3       1S         1/4 sittsp.       Black pepper       1S, 3       1Dsp.       Fresh ginger       2       2         2 tarbsp.       Noredona       1 <t< td=""><td></td><td></td><td>Solgonzola Cheese</td><td></td><td></td><td></td></t<>			Solgonzola Cheese			
S = used in side dish for the corresponding recipe Staples (things you may have) ( 5 Tosp. Olive oil 1, 1, 15, 3, 4 1 Tbsp. Canola or vegetable oil 2 2 tsp. Minced garlice 1, 4 1 Tbsp. Canola or vegetable oil 2 2 tsp. Brown sugar 1 1/4 cup Reduced-sodium soy 2 2 tsp. Wincet garlice 3 1/4 cup White wine 3 2 Tbsp. Vinaigrette dressing 4S 2 Tbsp. Vinaigrette dressing 4S 2 Tbsp. Vinaigrette dressing 4S 2 tsp. Kosher salt 1 1/4 3/8 tsp. Black pepper 1S, 3 3/4 tryb. Salt pepper 1S, 3 3/4 tryb. Salt pepper 1S, 3, 5, 5S 4/4 tryb. Salt pepper 3 1/2 tsp. Garlic powder 3 1/2 tsp. Garlic powder 3 1/2 tsp. Garlic powder 3 1/4 1/2 tsp. Cushed red pepper 1 1/4 1/2 tsp. Cushed red pepper 1 1/4 1/2 tsp. Cushed red pepper 3 1/4 1/2 tsp. Cushed red pepper 1 1/4 1/2 tsp. Cushed red pepper 3 1/4 1/2 tsp. Cushed red pepper 3 1/4 1/2 tsp. Cushed red pepper 1 1/4 cup 2 1/4 cup 3 2/4 tsp. Ginger salad dressing (such as Annie's 1 2/4 tsp. Ginger salad dressing (such as Annie's 2 2/4 Tbsp. Ginger as ald dressing (such as Annie's 2 2/4 Tbsp. Silvered almonds 1 1/4 cup 3/4 tryb. Silvered almonds 2 1/4 cup 3/4 tryb. Silvered almonds 4 1/4 cup 3/4 tryb. Silvered almonds 4 1/4 cup 4/4 toresing or other dip	s = used ins ide dish for the corresponding recipe taples (things you may have) 6 (5 Tosp. Olive oil 1, 1S, 3, 4 1 Tbsp. Canola or vegetable oil 2 2 tsp. Minced garlic 1, 4 2 tsp. Minced garlic 1, 4 2 tsp. Brown sugar 1 1/4 cup Welte wine 3 2 Tbsp. Vandigrette dressing 4S 2 Tbsp. Vinaigrette dressing 4S 2 Tbsp. Vinaigrette dressing 4S 2 tsp. More start 1 1/4 cup White wine 3 2 tsp. Vinaigrette dressing 4S 2 tsp. Vinaigrette dressing 4S 2 tsp. Vinaigrette dressing 4S 2 tsp. Vorcestershire sauce 3 1/4 cup White wine 3 2 tsp. Vinaigrette dressing 4S 2 tsp. Solat repeper 1S, 3 3 tot 1b. Asparagus 1S 1/4 cup Fresh cilantro 0 1/4 cup Seedless purple grapes 4S 1 top Seedless purple grapes 4S 3 top Seedless purple grapes 4S 3 top Seedless purple grapes 4S 1 top Seedless purple grapes 4S 1 top Seedless purple grapes 4S 1 top Seedless purple grapes 5, 5S 1 top Seedless purple grapes 5, 5S 1 top Cushed red pepper 1 as 3 1 top Seedless purple grapes 5 1 top Cushed red pepper 1 as 5 1 top Cushed red pepper 1 as 5 1 top Cushed red pepper 1 as 5 1 top Quick-cooking brown rice 7 1 top Quick-cooking brown rice 7 1 tsp. Cushed red pepper flakes 0pt4 5 top Cushe beans 5 2 4 tsp. Ginger solid dressing (such as Annie's 5 2 4 Tbsp. Ginger solid dressing (such as Annie's 5 2 4 tsp. Ginger solid dressing (such as Annie's 5 2 4 tsp. Ginger solid dressing (such as Annie's 5 2 4 tsp. Ginger ty Vinaigrette) 1 4 cup Walnuts 4S						
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3/4-1 1/8       Salt       1S, 3, 5, 5S       2-4       Avocados       5S         tsp.       3/4 tsp.       Dried oregano       1       1/2       Limes       5, 5S         3/4 tsp.       Dried oregano       1       1/2       Limes       5, 5S         1/2 tsp.       Garlic powder       3       1-1 1/2       Limes       5, 5S         1 Tbsp.       Salt-free lemon pepper       2       1/2-3/4       Lemon       1         1/4-1/2 tsp.       Crushed red pepper flakes       Opt4       Shelved Items       6-12 slices       Sourdough bread       3         1/4-1/2 tsp.       Crushed red pepper flakes       Opt4       Shelved Items       6-12 slices       Sourdough bread       3         1/2-3/4       Lemon       1-2 cups       White or quick-cooking brown rice       2S       2         0ther Necessities (List Your Own Here)       Is       1-2 cups       White or quick-cooking brown rice       2S         1       they       Couscous       1s       1/2 cups       1pkg.       Couscous       1s         1       1/2 cups       Red pasta sauce, any flavor       4       5       5       2-4 Tbsp.       Ginger salad dressing (such as Annie's       2S         1/4 cup	3/4-1 1/8       Salt       1S, 3, 5, 5S       2-4       Avocados       5S         tsp.       3/4 tsp.       Dried oregano       1       1/2       Limes       5, 5S         3/4 tsp.       Garlic powder       3       11/2       Limes       5, 5S         1/2 tsp.       Garlic powder       3       11/2       Limes       5, 5S         1 Tbsp.       Salt-free lemon pepper       2       1/2-3/4       Lemon       1         1/4-1/2 tsp.       Crushed red pepper flakes       Opt4       Shelved Items       6-12 slices       Sourdough bread       3         1/4-1/2 tsp.       Crushed red pepper flakes       Opt4       Shelved Items       6-12 slices       Sourdough bread       3       3       1         1/4-1/2 tsp.       Crushed red pepper flakes       Opt4       Shelved Items       6-12 slices       Sourdough bread       3       3       1         1/4-1/2 tsp.       Grushed red pepper flakes       Opt4       Shelved Items       6-12 slices       Sourdough bread       3       3       1         1/2-1/2 tsp.       Guster-cooking brown rice       1       cup       Quick-cooking brown rice or pre-cooked       5       5         1 bg.       Couscous       1	1/4-3/8 tsp.	Black pepper	1S, 3	8 oz.	Sliced mushrooms	3
3/4-11/8       Salt       1S, 3, 5, 5S       2-4       Avocados       5S         tsp.       3/4 tsp.       Dried oregano       1       1 cup       Seedless purple grapes       4S         3/4 tsp.       Garlic powder       3       1-1 1/2       Limes       5, 5S         1/2 tsp.       Garlic powder       3       1-1 1/2       Limes       5, 5S         1 Tbsp.       Salt-free lemon pepper       2       1/2-3/4       Lemon       1         1/4-1/2 tsp.       Crushed red pepper flakes       Opt4       Shelved Items       6-12 slices       Sourdough bread       3         1/4-1/2 tsp.       Crushed red pepper flakes       Opt4       Shelved Items       6-12 slices       Sourdough bread       3         1/2-1/2 tsp.       Crushed red pepper flakes       Opt4       Shelved Items       6-12 slices       Sourdough bread       3         1/2-1/2 tsp.       Crushed red pepper flakes       Opt4       Shelved Items       6-12 slices       Sourdough bread       3         1/4-1/2 tsp.       Crushed red pepper flakes       Opt4       Signed sauce, any flavor       4       5         1/2-2 cups       White or quick-cooking brown rice or pre-cooked       5       5       Sundried tomatoes, marinated in oil or dry	3/4-11/8       Salt       1S, 3, 5, 5S       2-4       Avocados       5S         tsp.       3/4 tsp.       Dried oregano       1       1 cup       Seedless purple grapes       4S         3/4 tsp.       Garlic powder       3       1 1/2       Limes       5, 5S         1/2 tsp.       Garlic powder       3       1-1 1/2 cups       Mango, fresh or frozen       5         1 Tbsp.       Salt-free lemon pepper       2       1/2-3/4       Lemon       1         1/4-1/2 tsp.       Crushed red pepper flakes       Opt4       Shelved Items       6-12 slices       Sourdough bread       3         1/2-1/2 tsp.       Crushed red pepper flakes       Opt4       Shelved Items       6-12 slices       Sourdough bread       3         1/2-1/2 tsp.       Crushed red pepper flakes       Opt4       Shelved Items       6-12 slices       Sourdough bread       3         1/2-1/2 tsp.       Crushed red pepper flakes       Opt4       Shelved Items       6-12 slices       Sourdough bread       3         1/2-1/2 tsp.       Crushed red pepper flakes       Opt4       Sices       Sourdough bread       3         1/2-1/2 tsp.       Cites       Sourdough bread       1       1/2       cups       1/2       1/2 </td <td>1/2 tsp.</td> <td>Kosher salt</td> <td>1</td> <td>1 Tbsp.</td> <td>Fresh ginger</td> <td>2</td>	1/2 tsp.	Kosher salt	1	1 Tbsp.	Fresh ginger	2
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3/4 tsp.       Dried oregano       1       11/2       Limes       5,5S         1/2 tsp.       Garlic powder       3       1-1 1/2 cups       Mango, fresh or frozen       5         1 Tbsp.       Salt-free lemon pepper       2       1/2-3/4       Lemon       1         1/4-1/2 tsp.       Crushed red pepper flakes       Opt4       Shelved Items       6-12 slices       Sourdough bread       3         20ther Necessities (List Your Own Here)       I cup       Quick-cooking brown rice or pre-cooked       5         1 type       Couscous       1       1/2 cups       Red pasta sauce, any flavor       4         1 type       Sundried tomatoes, marinated in oil or dry       4       5       2       2         1 type       Limes       Sundried tomatoes, marinated in oil or dry       4       4       5         2 -4 Tbsp.       Ginger salad dressing (such as Annie's Ginger salad dressing or other dip       3       2       2         1/4 cup       Light ranch dressing or other dip       3       3       3         1/2 cups       Silvered almonds       2       3         1/2 cups       Lemon       3       3       3         1/2 cups       Red pasta sauce, any flavor       4       4 <td< td=""><td>3/4 tsp.       Dried oregano       1       11/2       Limes       5, 5S         1/2 tsp.       Garlic powder       3       1-1 1/2 cups       Mango, fresh or frozen       5         1 Tbsp.       Salt-free lemon pepper       2       1/2-3/4       Lemon       1         1/4-1/2 tsp.       Crushed red pepper flakes       Opt4       Shelved Items       6-12 slices       Sourdough bread       3         0ther Necessities (List Your Own Here)       1      </td><td>tsp.</td><td></td><td></td><td>1 cup</td><td>Seedless purple grapes</td><td>4S</td></td<>	3/4 tsp.       Dried oregano       1       11/2       Limes       5, 5S         1/2 tsp.       Garlic powder       3       1-1 1/2 cups       Mango, fresh or frozen       5         1 Tbsp.       Salt-free lemon pepper       2       1/2-3/4       Lemon       1         1/4-1/2 tsp.       Crushed red pepper flakes       Opt4       Shelved Items       6-12 slices       Sourdough bread       3         0ther Necessities (List Your Own Here)       1	tsp.			1 cup	Seedless purple grapes	4S
1/2 tsp.       Garlic powder       3       1-1 1/2 cups       Mango, fresh or frozen       5         1 Tbsp.       Salt-free lemon pepper       2       1/2-3/4       Lemon       1         1/4-1/2 tsp.       Crushed red pepper flakes       Opt4       Shelved Items       6-12 slices       Sourdough bread       3         0/ther Necessities (List Your Own Here)       Image: Very Constraints       Opt4       Shelved Items       3         1 -2 cups       White or quick-cooking brown rice       2S       1       cup       Quick-cooking brown rice or pre-cooked       5         1 pkg.       Couscous       1       1       1/2 cups       Red pasta sauce, any flavor       4         5       Sundried tomatoes, marinated in oil or dry       4       5       Sundried tomatoes, marinated in oil or dry       4         15 oz.       Canned black beans       5       2-4 Tbsp.       Ginger salad dressing (such as Annie's Gingerly Vinaigrette)       2S         1/4 cup       Light ranch dressing or other dip       3S       1       15       3	1/2 tsp.       Garlic powder       3       1-1 1/2 cups       Mango, fresh or frozen       5         1 Tbsp.       Salt-free lemon pepper       2       1/2-3/4       Lemon       1         1/4-1/2 tsp.       Crushed red pepper flakes       Opt4       Shelved Items       6-12 slices       Sourdough bread       3         0/her Necessities (List Your Own Here)       Vhite or quick-cooking brown rice       2S       1 cup       Quick-cooking brown rice or pre-cooked       5         1 pkg.       Couscous       1S       1 1/2 cups       Red pasta sauce, any flavor       4         5       Sundried tomatoes, marinated in oil or dry       4       5       Sundried tomatoes, marinated in oil or dry       4         15 oz.       Canned black beans       5       2-4 Tbsp.       Gingerly Vinaigrette)       7         1/4 cup       Light ranch dressing or other dip       3S       3S       3S       3S		Dried oregano	1			5. 5S
1 Tbsp.       Salt-free lemon pepper seasoning       1       1/2-3/4       Lemon       1         1/4-1/2 tsp.       Crushed red pepper flakes       Opt4       Shelved Items       3         Other Necessities (List Your Own Here)       6-12 slices       Sourdough bread       3         1 -2 cups       White or quick-cooking brown rice or pre-cooked brown rice       3         1 pkg.       Couscous       1         1 1/2 cups       Red pasta sauce, any flavor       4         5       Sundried tomatoes, marinated in oil or dry       4         5       Sundried tomatoes, marinated in oil or dry       4         15 oz.       Canned black beans       5         2-4 Tbsp.       Ginger salad dressing (such as Annie's Gingerly Vinaigrette)       2S         1/4 cup       Light ranch dressing or other dip       3S         1/4 cup       Walnuts       4S	1 Tbsp.       Salt-free lemon pepper seasoning       1       1/2-3/4       Lemon       1         1/4-1/2 tsp.       Crushed red pepper flakes       Opt4       Shelved Items       3         0ther Necessities (List Your Own Here)       0pt4       Shelved Items       3         1-2 cups       White or quick-cooking brown rice       2S       1         1 cup       Quick-cooking brown rice or pre-cooked brown rice       5       5         1 pkg.       Couscous       1S       1         1 1/2 cups       Red pasta sauce, any flavor       4         5       Sundried tomatoes, marinated in oil or dry       4         5       Sundried tomatoes, marinated in oil or dry       4         15 oz.       Canned black beans       5         2-4 Tbsp.       Ginger salad dressing (such as Annie's Gingerly Vinaigrette)       2S         1/4 cup       Light ranch dressing or other dip       3S         1 Tbsp.       Slivered almonds       2S         1/4 cup       Walnuts       4S						
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2 I bsp. Pine nuts 1S	2 I bsp. Pine nuts 1S						
					2 Ibsp.	Pine nuts	15
					2 Tbsp.	Pine nuts	1S

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

	) - f (	:	lu una dia uta (ar		
1) Smokin' Bart	Reference (numbers to right of	ingredient):	Meat and Fish	oss off things you already have)	
	n English Muffins & Red or Ora		2 lbs	Ground chicken, lean turkey, or lean beef	1
with Light Ranc		ange ben reppers	2 lbs 1/2 lb.	Boneless chicken, beef, or extra-firm tofu	3
	0		1/2 lb. 1-1 1/2 lbs.		2
	san Baked Snapper ad Sticks & Green Salad with 0	Colony Wolnuts and	1-1 1/2 105.	Red snapper, flounder, tilapia, or other white fish fillets	Z
Feta Cheese	ad Slicks & Green Salad with C	celery, walnuts and	16		4
	Main Neodlan with Apparague		16 oz.	Extra-firm tofu packed in water	4
3) Asian Cucu	Mein Noodles with Asparagus		Refrigerated/Fr	0700	
	Triangles with Fried Rice		8 slices	Havarti or Cheddar cheese	5
	5		3 Tbsp.	Grated Parmesan cheese	2
4S) Orange Slid	sil and Red Pepper Wraps		2 Tbsp.	Crumbled feta cheese	2 2S
	n and Red Onion Salad		2 10sp. 1 pkg.	Low fat bread sticks (bake-at-home), such as	23 2S
				Pillsbury	-
S = used in side	e dish for the corresponding re	cipe	4	Large whole wheat tortillas	5
			1 cup	Peas or finely diced carrots	Opt4
Staples (thing	s you may have)		Produce		
1 Tbsp. +	Olive oil	2S, 5S	1	Yellow or white onion	3
1/4 cup			5	Scallions	4
2 Tbsp. +	Peanut oil	3, 4	1/4	Red onion	5S
1/4 cup		,	1/2	Small yellow onion	1
1 Tbsp.	Sesame oil	4	1	Red bell pepper	5
1 1/2 tsp.	Minced garlic	3	1-2	Red or orange bell peppers	1S
3/4 cup	Oats or bread crumbs	1	2	Stalks celery	2S
1 Tbsp.	Pure maple syrup	2S	4 cups	Baby spinach	5
1 tsp.	Sugar	3S	1 head	Lettuce	2S
1 tsp.	Sugar (superfine if	3	1/2 cup	Fresh basil	5
	possible)		3	Fresh basil leaves	Opt2
2 Tbsp.	Pure maple syrup or honey	4	1 lb.	Asparagus	3
1 tsp.	Dijon mustard	2S	2	Cucumbers	3S
1/8 cup	Red wine vinegar	2S	1	Lemon	2, 5S
4 tsp.	Rice vinegar	3S, 4	3-6	Oranges	4S
7 Tbsp. +	Reduced-sodium soy	3, 3S, 4			
1/4 cup	sauce		Shelved Items		
2	Eggs	1, 4	1 pkg.	Whole grain English muffins	1S
0			16 oz.	Chinese lo mein noodles (sold with Asian	3
Spices		o (	4.4/0	foods) or spaghetti	
1/2-3/4 tsp.	Black pepper	2, 4	1 1/2 cups	Dry white or quick-cooking brown rice	4
1 1/2 tsp.	Dried basil	2	15 oz.	Canned cannellini beans	5S
1/2 tsp.	Dried thyme or herbes de Provence	2S	1-2 tsp. 8 tsp.	Capers Mango chutney or honey mustard	5S 5
1/4 tsp.	Ground ginger	4	1 cup	Barbeque sauce	1
3/4-1 tsp.	Garlic powder	1,2	1/4 cup	Light ranch dressing or other dip	1S
1 tsp.	Chili powder	1,-	2 Tbsp.	Walnuts	2S
1/2 tsp.	Dry mustard	1			-
1 Tbsp.	Toasted sesame seeds	3S			
Other Necessiti	<u>ies (List Your Own Here)</u>				

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

Recipe Cross Reference (numbers to right of	ingredient):	Ingredients (cr	oss off things you already have)	
1) Lemon Pepper Pork Chops		Meat and Fish		
1S) Crispy Breadsticks & Steamed Broccoli T	ossed with Olive Oil	2 lbs.	Thin center cut boneless pork chops	1
and Grated Parmesan Cheese		3 oz.	Prosciutto	3
2) Cornmeal Crusted Fish with Black Bean ar	d Com Soloo	1 lb.	White roughy, tilapia, catfish or other	2
	lu Com Saisa	I ID.		Z
2S) Pineapple, Fresh or Canned			boneless, skinless white fish fillets (or chicken	
<ol><li>Penne with Prosciutto and Goat Cheese</li></ol>			cutlets)	
3S) Sugar Snap Peas with Cashews				
<ol><li>Chili Potatoes with Sweet Peppers</li></ol>		Refrigerated/From	ozen	
4S) Popcorn, Freshly Popped		1-2 Tbsp.	Grated Parmesan cheese	1S
5) Summer Herb and Vegetable Stew		4 oz.	Goat cheese	3
5S) Israeli (large Grain) Couscous		1/2 cup	Shredded cheddar cheese	4
		1/2 cup	Shredded Monterey Jack or mozzarella	4
S = used in side dish for the corresponding re		1/2 Cup	cheese	4
5 = used in side distribitine corresponding re	ecipe	4		Opt F
		4 oz.	Crumbled feta cheese	Opt5
		1/2 cup	Nonfat sour cream	Opt4
Staples (things you may have)		1 cup	Frozen corn kernels	2
1 Tbsp. Butter or margarine	1	1/4 cup	Orange juice	Opt5S
3 Tbsp. Canola or peanut oil	Opt4S			
6-7 Tbsp. + Olive oil	1, 1S, 2, 3, 3S,	Produce		
1/4 cup	4, 5	1	Small yellow or white onion	4
1 Tbsp. Honey	5	1	Large yellow onion	5
	-	1	Red or green bell pepper	4
<u>Spices</u>		1	Jalapeno pepper	4
	1, 4, 5	2	Tomatoes	3
1/2 tsp. Popcorn salt	Opt4S	1 cup	Fresh basil and/or parsley	3
1/2 tsp. Dried oregano	4	2 Tbsp.	Fresh parsley	Opt5
1/4 tsp. Ground cumin	4	20	Fresh basil leaves	5
3/4 tsp. Chili powder	4	1 Tbsp.	Fresh oregano	5
4 tsp. Salt-free lemon pepper	1	1 lb.	Broccoli	1S
seasoning		8 oz.	Sugar snap peas	3S
2 tsp. Old Bay seasoning	2	16 oz.	Green beans, fresh or frozen	5
, , , ,		4	Russet (baking) potatoes	4
Other Necessities (List Your Own Here)		1	Large sweet potato	5
		1	Pineapple (or canned pineapple rings)	2S
				20
		Shelved Items		
			This science Melion has a deticles	40
		1 pkg.	Thin crispy Italian breadsticks	1S
		1/3 cup	Yellow cornmeal	2
		16 oz.	Penne noodles	3
		12-16 oz.	Israeli (or regular) couscous	5S
		28 oz.	Diced tomatoes	5
		30 oz.	Canned black beans	2,4
		1 1/2 cups	Reduced-sodium chicken or vegetable broth	Opt5S
		1 ½ cup	Chunky salsa	2, Opt4
		1 cup	Pitted black or kalamata olives	Opt3
		1/4 cup	Unsalted cashews	3S
		1/2 cup	Popcorn kernels	4S
		172 Oup		.5

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

<u>tecipe Cross I</u> ) Ginger-Soy	Reference (numbers to right	of ingredient):	Ingredients (cr Meat and Fish	oss off things you already have)	
	Nhite Rice & Steamed Edam	amo (Japanoso Sov	$1 \frac{1}{2} $	Flank steak	1
		ame (Japanese Soy			1 3
eans) or Pea		by Spinoch	8 oz.	Turkey bacon, preferably nitrite-free	
	kets with Fresh Herbs and Ba	iby Spinach	1 1/2 lbs.	Tilapia fillets (or use flounder, cod, or other	2
S) Quinoa (or	,			thin white fish fillets)	
) Spaghetti C					
	Broccoli with Lemon Pepper	Seasoning	Refrigerated/Fr		
	an and Corn Burritos		1 cup	Grated Parmesan cheese	3
S) Lemony As	sparagus		1 cup	Shredded Cheddar cheese	4
) Mediterrane	ean Quinoa Salad		3/4 cup	Crumbled feta cheese	5
S) Homemad	le Pita Chips		1 cup	Plain nonfat or low fat yogurt	Opt5
			6	Large (burrito size) whole wheat or flour	4
= used in sic	de dish for the corresponding	recipe		tortillas	
	1 0	•	1 lb.	Edamame (Japanese soy beans, sold frozen)	1S
				or frozen peas	
taples (thing	gs you may have)				
2 Tbsp.	Peanut oil	1	Produce		
5 Tbsp. +	Olive oil	, 3, 4, 4 S, 5,	3	Scallions	1
1/4 cup +		2, 3, 4, 4 3, 3, 5S	1/2	Yellow onion	4
•		55			
1 tsp.	Minood gorlin	1 2 48	1	Yellow bell pepper	2
1 Tbsp. +	Minced garlic	1, 3, 4S	2 cups	Baby spinach	2
2 tsp.	<b>D</b>		4 cups	Mixed salad greens	Opt5
2 tsp.	Rice vinegar	1	1 Tbsp.	Fresh sage, thyme, parsley, basil, or any	2
3 Tbsp.	Reduced-sodium soy	1		combination	
	sauce		1/4 cup	Fresh flat-leaf parsley	Opt3
2 Tbsp.	White wine	2	1/2 cup	Flat-leaf parsley or basil	5
B Tbsp.	Balsamic vinegar	4, 5	1 Tbsp.	Fresh minced ginger (from one small chunk)	1
2	Eggs	3	1 lb.	Broccoli	3S
	33-	-	1 lb.	Asparagus	4S
oices			10-14 oz.	Corn kernels, fresh, frozen or canned	4
5/8-3/4 tsp.	Kosher salt	1S, Opt5S	1-1 1/4	Lemons	4 2, 4S, 5
1/4-1/2 tsp.	Salt	15, Opt55 2	1-1 1/4	Lemons	2, 43, 3
		2	Showed Home		
1/8-1/4 tsp.	Black pepper		Shelved Items	Dite peakete, whole wheet as white	50
1/4-1/2 tsp.	Salt-free lemon pepper	3S	2-3	Pita pockets, whole wheat or white	5S
	seasoning		1-2 cups	Quick-cooking brown rice or regular white	1S
				Rice	_
ther Necessi	<u>ties (List Your Own Here)</u>		1-2 cups	Quinoa or couscous	2S
			16 oz.	Spaghetti	3
			1 cup	Quinoa (sold with grains) or use orzo or rice	5
			3/4 cup	Sundried tomatoes, marinated in oil or dry	5
			28-30 oz.	Canned pinto or black beans	4
			1 cup	Chipotle salsa	4
			15	Pitted black or kalamata olives	5
			1/3 cup	Pine nuts	5
			i/o cup		5

# The Six O'Clock Scramble, Spring Week 5 Grocery List

Recipe Cross R 1) Tandoori Ch	Reference (numbers to right of icken	ingredient):	Ingredients (cr Meat and Fish	ross off things you already have)	
	ce & Curried Carrots with Dill		1 1/2-2 lbs.	Boneless, skinless chicken thighs or breasts	1
	ey Empanadas (Flaky Meat Pi	es)	1 lb.	Ground turkey, beef or vegetarian ground	2
	ato Chips & Lemony-garlic Spi			meat	
	d Shrimp with Parmesan Grits		1 lb.	Large shrimp, peeled and deveined	3
	proccoli with Lemon Pepper Se			<b>U 1</b> /1 <b>1</b>	
4) Honey Sesa			Refrigerated/Fr	ozen	
4S) Baby Carro			1/2 cup	Grated Parmesan cheese	3
	paragus Soup with Fresh Crou	utons	3/4 cup	Low fat plain yogurt, preferably thick Greek	1
5S) Green Sala	ad with Raisins, Cashews and	Sunflower Seeds		yogurt	-
			1/4 cup	Halt & half or heavy cream	5
S = used in side	e dish for the corresponding re	cine	2	Read- made refrigerated pie crusts that you	2
0 0000 0.0			-	unroll (not in tins)	-
Staples (thing	s you may have)		2 cups	Frozen peas or shelled edamame	4
1 Tbsp.	Butter or margarine	3		···	
1 Tbsp.	Butter	5	Produce		
7 Tbsp. +	Olive oil	1S, 2S, 3, 5	2	Whole cloves garlic	Opt1S
2 tsp.		.0, 20, 0, 0	1	Medium yellow onion	2
1/3 cup	Sesame oil	4	2	Scallions	4
1/4 cup	Canola or vegetable oil	4	2 4-6	Large carrots	1S
4 tsp.	Minced garlic	1, 2S, 5	1 lb.	Baby carrots	4S
5 Tbsp.	Honey	4	9-12 oz.	Baby spinach	2S
2 Tbsp.	Balsamic vinegar	2	1 1	Small head lettuce	23 5S
1/2 cup	Ketchup	Opt2S	1/4 cup	Fresh cilantro	Opt4
4 Tbsp.	Reduced-sodium soy	4	1/4 cup 1 lb.	Broccoli	3S
- 100p.	sauce	•	1 lb.	Asparagus	5
2-4 Tbsp.	Vinaigrette dressing	5S	4	Russet (baking) potatoes	2S, 5
2 4 1000	vindigrette dressing	00	2 tsp.	Fresh ginger	1
Spices			2 top. 1	Lime	1
2 1/8-2 3/8	Salt	1, 1S, 2, 3, 5	1/4	Lemon	2S
tsp.		.,, _, ., ., .	., .		-•
1/4-1/2 tsp.	Kosher salt	2S	Shelved Items		
3/4 tsp.	Black pepper	3, 5	1	Baguette	5
1/2 tsp.	Dried thyme	3	1 cup	Quick-cooking grits (not instant)	3
1 tsp.	Dried tarragon	5	16 oz.	Thin spaghetti	4
1/2 tsp.	Dried or fresh dill	1S	1 1/2 cups	Basmati rice	1S
1/2 tsp.	Rosemary, oregano or	Opt2S	56 oz.	Reduced-sodium chicken or vegetable broth	5, Opt1S
	other dried herbs		1/4 cup	Mango chutney	Opt1
1 Tbsp.	Dried oregano	3	1/4 cup	Ranch dressing	4S
1/2 tsp.	Chili powder	3	1/2 cup	Raisins	2, 5S
1/2 tsp.	Curry powder	1S	2 Tbsp.	Sunflower seeds, shelled	5S
1 1/4 tsp.	Ground cumin	1,2	1/4 cup	Unsalted cashews	5S
1 tsp.	Paprika	1			
1/4 tsp.	Garlic powder	2			
3/4 tsp.	Cinnamon	2			
1 1/4-1 1/2	Salt-free lemon pepper	- 3, 3S			
=	seasoning	,			
1/4-1/2 tsp.	Crushed red pepper flakes	Opt4			
3 Tbsp.	Toasted sesame seeds	4			
1	Stick of cinnamon	Opt1S			
6	Whole cloves	Opt1S			
1/8 tsp.	Ground cloves	2			
1 tsp.	Garam masala (an Indian	1			
	spice blend)				
	-,,				
Other Necessit	<u>ies (List Your Own Here)</u>				

# The Six O'Clock Scramble, Summer Week 1 Grocery List

Recipe Cross F	Reference (numbers to right of	f ingredient):	Ingredients (c	ross off things you already have)	
	otle Chicken with Mango Sals		Meat and Fish		
1S) Quesadilla			2 lbs.	Boneless, skinless chicken breasts	1
	Tilapia with Cilantro-Lime Sau Couscous) & Baby Greens w		8 slices	Turkey bacon (preferably nitrite-free) or vegetarian bacon	5
Pear and Peca			1/2 lb.	Reduced-salt sliced turkey breast or meatless	5
3 <b>S)</b> Spinach Sa	alad with Strawberries and Go	orgonzola	1-1 1/2 lbs.	deli slices Tilapia fillets or other thin white fish fillets	2
4) Vegetarian E					
4S) Guacamole			Refrigerated/Fr		40
5) Turkey Club	kberries or Blueberries		1-1 1/2 cups 1/4 cup	Shredded Cheddar cheese Gorgonzola cheese	1S 3S
JS) Flesh blac	Refiles of Bidebernes		1/4-1/2 cup	Grated Parmesan cheese	3
S = used in sid	e dish for the corresponding r	ecipe	2 cups	Shredded Mexican blend cheese, or use Cheddar or Monterey Jack	4
			2 oz.	Cheddar cheese, not shredded	5
Staples (thing	s you may have)		1 cup	Nonfat or low fat sour cream	Opt4
2 Tbsp.	Butter	3	4-6	Whole wheat or white tortillas	1Ś
8 Tbsp.	Olive oil	2, 3, 4, 5	10-12	Corn tortillas	4
2 tsp.	Minced garlic	3, 4			
1 Tbsp. + 1	Honey	1, 5	Produce		
tsp.		-	1/2	Small yellow or white onion	1
2 Tbsp	Fat free or reduced-fat	5	3	Whole cloves garlic	2
0 There	mayonnaise	4	1/2	Red or yellow onion	4
2 Tbsp.	White wine vinegar	1	1 lb.	Baby carrots or large carrots	4S
1 Tbsp.	Yellow or Dijon mustard	5	2	Large tomatoes	1, 5 2S
2-4 Tbsp.	Vinaigrette dressing	2S	5-7 oz. 6-9 oz.	Baby greens Baby spinach	25 3S
Spices			2 Tbsp.	Fresh cilantro or flat-leaf parsley	1
1 3/4 tsp.	Salt	1, 2, 3, 4, 4S	1/3 cup	Fresh cilantro	2
1/8 tsp.	Black pepper	2	1 cup	Fresh basil	3
3/4 tsp.	Ground cumin	4	2	Zucchini	4
1/4 tsp.	Garlic powder	4S	2-3	Avocados	4S
3/4 tsp.	Chili powder	4	1/2	Lime or lemon	4S
			1-2 pints	Fresh blackberries or blueberries	5S
Other Necessit	<u>ies (List Your Own Here)</u>		2	Limes	1,2
			1	Large mango	1
			1	Peach or pear	2S
			1-2 cups	Strawberries	3S
			Shelved Items		~
			8 1-2 cups	Thin slices sourdough bread	5 2S
			1-2 cups 16 oz.	Quinoa or couscous Farfalle or other noodles	25 3
			1 cup	Crushed tomatoes	3 1
			2 tsp.	Canned chopped chipotle peppers in adobo sauce	1
			2-4 Tbsp.	Raspberry vinaigrette dressing	3S
			15 oz.	Mild or spicy enchilada sauce	4
			4 tsp. 2 Tbsp.	Pecans Pine nuts	2S 3
			2 Tosp.	Pine nuis	3

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

	Reference (numbers to right of er Flank Steak with Red Onions		Ingredients (c Meat and Fish	ross off things you already have)	
	st & Pan-browned Yellow Squa		1-1 1/2 lbs.	Boneless, skinless chicken breasts	2
	cken Salad with Grapes		1 1/2 cups	Cooked sliced chicken	Opt5
	ain Bread & Sliced Tomato Sala	ad	2 lbs.	Flank steak	1
	amic Glazed Salmon		1 1/2-2 lbs.	Salmon fillet, preferably wild salmon	3
	ccoli & Couscous with Toasted	Pine Nuts and	1 1/2 2 100.	caller mot, prototably wild barrion	v
Currants or Ra			Refrigerated/Fr	nzen	
					26
	Walnut and Parsley Pesto	1	1-2 Tbsp.	Crumbled feta cheese	2S
	rtichoke, and Mozzarella Salac	1	1 Tbsp.	Grated Parmesan cheese	Opt3S
	egetable Wraps		6-8 oz.	Fresh mozzarella cheese	4S
55) Asian Dur	mplings or Egg Rolls & Asian C	ucumber Salad	3/4 cup	Shredded Parmesan cheese	4
			1/2 cup	Plain nonfat yogurt	2
S = used in sid	le dish for the corresponding re	ecipe	20 oz.	Reduced-fat cheese ravioli	4
			1 pkg.	Asian dumplings or egg rolls	5S
			6	Whole wheat or white tortillas	5
Staples (thing	ıs you may have)				
1 Tbsp.	Butter	1S	Produce:		
9 Tbsp. +	Olive oil	1, 1S, 3, 3S, 4,	3-4	Scallions	5, Opt5S
2/3 cup		4S	1/2	Yellow or white onion	5
2 Tbsp.	Canola or vegetable oil	5	1	Red onion	1
3 tsp.	Minced garlic	1S, 3, 4	1/8-1/4	Yellow onion	2S
1 Tbsp.	Brown sugar	13, 3, 4	1/0-1/4	Red bell pepper	5
•	5				
1/4 cup	Reduced-fat mayonnaise	2	2	Stalks celery	2
1 tsp.	Sugar	5S	4-5	Tomatoes	2S, 4
1 tsp.	Sugar (superfine if	Opt5S	1	Pint cherry or grape tomatoes	4S
	possible)		1	Head lettuce	Opt2
1 Tbsp. +	Balsamic vinegar	1, 3, 4S	1/4 tsp.	Fresh or dried rosemary	1S
1/2 cup + 1			1 Tbsp. +	Fresh basil leaves	4, Opt2S
tsp.			1/4 cup		
1 tsp.	Dijon mustard	3	1-2 tsp.	Fresh chives, basil or parsley	3
1 Tbsp. + 2	Rice vinegar	5S, Opt5S	1 bunch	Italian flat-leaf parsley	4
tsp.	č		2	Cucumbers	5S
1 Tbsp. +	Reduced-sodium soy	5S, Opt5S	1	Zucchini	5
1/4 cup	sauce	-, -,	2-3	Yellow squash or zucchini	1S
1-3 tsp.	Asian Chili sauce,	Opt5	1-2	Heads broccoli	3S
	Tabasco, or other hot	op 0	8-12 oz.	Sliced fresh mushrooms	5
	pepper sauce		1/2 02.	Lemon	2
1-3 tsp.	Vinaigrette dressing	2S	1/2	Cup seedless red grapes	2
1-0 isp.	vinalyrelle uressing	20	1	oup seecless ieu yiapes	2
Phinon:			Chokers Harris		
Spices:	01	4 40 4	Shelved Items	Overselversche Franzelsen im Heitelsen im	40
1 tsp.	Salt	1, 1S, 4	6 slices	Sourdough, French or challah bread	1S
5/8 tsp.	Black pepper	3, 4, Opt1S	1 loaf	Whole grain bread	2S
1 1/4 tsp.	Kosher salt	1S, 3	12 slices	Whole wheat bread	Opt2
1/2 tsp.	Dried basil	4S	1 pkg.	Couscous	3S
1/2 tsp.	Dried oregano	4S	1-1 1/2 cups	White or quick-cooking brown rice	5
1 tsp.	Paprika	1	6 oz.	Marinated artichokes	4S
1 tsp. +	Chili powder	1, Opt1S	1/2 cup	Pitted Greek olives	Opt4S
1/4 tsp.			2 Tbsp.	Mango chutney or apricot jam	2
2-3 tsp.	Curry powder	2	2 Tbsp.	Currants or raisins	3S
1/4 tsp.	Crushed red pepper flakes	Opt1S	4 Tbsp.	Hoisin sauce	5
1/8-1/4 tsp.	Chipotle chili powder or	1	2 Tbsp.	Chinese mustard or Dijon mustard	Opt5S
	cayenne pepper		1/4	Chinese duck sauce	Opt5S
1 tsp.	Dried sage	1	1/4 cup	Shelled and unsalted pistachio nuts	2
1 Tbsp.	Toasted sesame seeds	5S	2 Tbsp.	Pine nuts	3S
i ibsp.		00	1/2 cup	Walnuts	4
	tion (List Your Own Horo)		i/z cup		7
JULIEL INECESSI	<u>ties (List Your Own Here)</u>				

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

	Reference (numbers to right of			oss off things you already have)	
<ol> <li>Pork Cutlets</li> </ol>	with Mushroom-Sherry Sauce		Meat and Fish		
1S) Zucchini Fi			1 cup	Cooked chicken breast	4
	n Bake with Vegetable Confetti		4	Thin pork cutlets (or use turkey cutlets or thin	1
	ge Grain) Couscous & French E	Beet Salad		steaks)	
	<ol> <li>Grilled Quicki Souvlaki Sandwich</li> </ol>			Precooked sweet Italian turkey sausage, or	3
3S) Greek Sala			1-1 1/2 lbs.	use chicken, pork or meatless sausage	
	<ol> <li>Southwestern Cobb Salad with Avocado Ranch Dressing</li> </ol>			White roughy, cod, tilapia, or other mild white	2
	4S) Homemade Tortilla Chips And Salsa			fish fillets	
	<ol><li>Divine Eggplant and Chickpeas with Mint</li></ol>				
5S) Whole Who	5S) Whole Wheat Couscous		Refrigerated/From		
			1/4 cup	Shredded Parmesan cheese	Opt2
S = used in sid	e dish for the corresponding re	cipe	2-2 1/2 cups 1/2 cup	Crumbled feta cheese	3S, Opt3&5
				Diced or shredded Monterey Jack or Cheddar	4
Staples (things you may have)				cheese	
1 Tbsp.	Butter or margarine	1	3 Tbsp.	Nonfat sour cream	4
1-2 Tbsp.	Butter or vegetable oil	1S	8-10	Corn tortillas	4S
8 Tbsp. + 1	Olive oil	2, 3, 3S, 4, 5	1/4 cup	Orange juice	Opt2S
tsp.		_			
1 Tbsp.	Vegetable oil	4S	Produce		
1 1/2 tsp.	Minced garlic	2,3	1/4	Red onion or red bell pepper	4
3/4 cup	Bread crumbs	1S	2	Shallots	1
1 tsp.	Honey	4	3/4	Red onion	2, 3S
1 tsp.	Dijon mustard	1	1	Yellow onion	3
2 tsp.	White wine vinegar	2S	1	Red bell pepper	2
1 tsp.	Red wine vinegar	3S	1	Green, red, or yellow pepper	3
2	Eggs	1S, 4	2	Tomatoes	3S
1 dash	Hot pepper sauce (such as	Opt4	3	Medium to large beets	2S
	Tabasco)		1 head	Romaine lettuce	4
			1/3 cup	Fresh mint and/or parsley	5
<u>Spices</u>			2 Tbsp.	Fresh oregano	3S
1 1/4-1 1/2	Salt	1, 2, 4, 5	1 cup	Corn kernels, fresh, frozen or canned	4
tsp.		_	2	Zucchini	1S, 2
5/8 tsp.	Black pepper	1, 2, 3S	2	Cucumbers	3S
3/4 tsp.	Kosher salt	3, 4S	1	Medium eggplant	5
1/2 tsp.	Ground cumin	5	8 oz.	Sliced mushrooms	1
1/2 tsp.	Paprika	5	1 1/2	Avocados	4
1/2 tsp.	Salt-free lemon pepper	1S	1	Lemon	2
	seasoning		1-2	Limes	4
1/2 tsp.	Old Bay seasoning	1S			
1/2 tsp.	Herbes de Provence	2	Shelved Items		_
			4	Whole wheat or white pita pockets (get the	3
<u>Other Necessit</u>	<u>ies (List Your Own Here)</u>		10.10	softest and freshest type you can find)	<b></b>
			12-16 oz.	Israeli (or regular) couscous	2S
			1-2 cups	Whole wheat or regular couscous	5S
			28 oz.	Diced tomatoes	5
			1 1/2 cups	Reduced-sodium chicken or vegetable broth	Opt2S
			1-2 cups	Canned black beans	4
			15 oz.	Canned chickpeas (garbanzo beans)	5
			1 cup	Salsa	Opt4S
			1/4 cup	Sherry	1
			2 tsp.	Grainy Dijon mustard	2S

# 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 (numbers to	right of ingredient):		ross off things you already have)	
1) Chicken Tricolore		Meat and Fish		
1S) Corn on the Cob		1	Whole chicken, cut up	1
2) Yummi Yummi Mahi Mahi		1 lb.	Lean ground turkey (not ground turkey breast)	3
2S) Chopped Cucumber and Avocado	Salad & Sourdough Bread	1 lb.	Skinless mahi mahi fillets (or use other firm	2
3) Ultimate Juicy Turkey Burgers			white fish or boneless chicken breasts)	
<b>3S)</b> Sweet Potato Fries & Watermelor	ı			
4) Lemon Basil Summer Pasta Salad		Refrigerated/Fr	ozen	
4S) Whole Grain Bread		1 Tbsp.	Crumbled Gorgonzola or blue cheese	2S
5) Costa Rican Black Beans and Rice		8 oz.	Fresh mozzarella cheese	4
		4-8	Whole wheat or corn tortillas	4 5S
5S) Whole Wheat or Corn Tortillas		4-0	whole wheat of corn tortillas	55
C wood in side dish for the company		Duaduaa		
S = used in side dish for the correspo	naing recipe	Produce	O sulla shares	
		1-2	Garlic cloves	4
<b>a</b> . <i>i</i>		1	Small yellow or white onion	5
Staples (things you may have)	_	1/4	Yellow onion	2
1-2 tsp. Butter or margarine	1S	1	Green bell pepper	5
5 Tbsp. + Olive oil	1, 2, 4, 5	1 pint	Grape or cherry tomatoes	1
1/4 cup		3	Tomatoes	2, 3
1 Tbsp. Vegetable oil	3	6	Plum or Roma tomatoes	4
2 Tbsp. Vegetable or peanut	oil 3S	4	Leaves iceberg or romaine lettuce	3
4 1/2 tsp. Minced garlic	1, 2, 5	1/2 cup	Fresh cilantro	Opt5
1/2 tsp. Balsamic vinegar	2S	1/2 cup	Fresh parsley	1
1/2 cup Ketchup	Opt3S	1/2 cup	Fresh flat-leaf parsley	2
2 Tbsp. Worcestershire or ho		20	Fresh basil leaves	4
sauce		4-6	Ears fresh corn	1S
2 Tbsp. Worcestershire sauc	e 5	1	Cucumber	2S
	0	2	Medium sweet potatoes	3S
<u>Spices</u>		2	Avocados	2S
1 1/2-1 3/4 Salt	1S, 2, 3S, 4	1 1/2	Limes	Opt1S & 5
	10, 2, 30, 4	2 1/8	Lemons	•
tsp. 2/8 top Block poppor	1.0			1, 2, 2S, 4
3/8 tsp. Black pepper	1, 2	1	Watermelon	3S
1/2 tsp. Kosher salt	1	Oh alva al literate		
3/4 tsp. Chili powder	Opt1S & 3S	Shelved Items		
1/2 tsp. Curry powder	5	1	Loaf sourdough bread	2S
1 tsp. Ground cumin	5	4	Whole wheat buns	Opt3
		1	Loaf whole grain bread	4S
Other Necessities (List Your Own Her	<u>e)</u>	16 oz.	Farfalle or other noodles	4
		1 cup	White rice	5
		15 oz.	Canned black beans	5
		2 Tbsp.	Apricot preserves or jam	3
		2 Tbsp.	Salsa	5
		3/4 cup	Pitted green olives	1
		2 tsp.	capers	2

1

# The Six O'Clock Scramble, Summer Week 5 Grocery List

Recipe Cross	Reference (numbers to right of	of ingredient):	Ingredients (ci	ross off things you already have)	
	rmesan with Garden Herbs		Meat and Fish	<b>U Y Y Y</b>	
1S) Whipped F	Potatoes		1 1/2 lbs.	Chicken cutlets or boneless, skinless	1
2) Asian Shrim	np Pilaf			chicken breasts	
2S) Cantaloupe & Sugar Snap Peas with Cashews			8 oz.	Turkey bacon, preferably nitrite-free	4
3) Italian Capr	3) Italian Caprese Sandwiches			Large shrimp, peeled and deveined	2
3S) Spinach Salad With Strawberries and Slivered Almonds			1 lb.	Extra-firm tofu packed in water	5
<ol> <li>Classic Spinach Salad with Turkey Bacon</li> <li>Whole Grain Bread</li> <li>Whole Tofu (or Chicken) with Ginger and Peppers</li> <li>White or Brown Rice &amp; Orange-ginger Glazed Carrots</li> </ol>					
			Refrigerated/Frozen		
			1/4 cup	Grated Parmesan cheese	1
			1/3 cup	Shredded part-skim mozzarella cheese	1
			12 oz.	Fresh mozzarella cheese	3
S = used in sid	de dish for the corresponding	recipe	1/4-1/3 cup	Crumbled blue cheese	4
			1/4 cup	Orange juice	5S
Staples (things you may have)			Produce		
2 Tbsp. Butter or margarine 1S		1/2	Small yellow onion	5	
2 Tbsp. 2 Tbsp.	Olive oil	2S, 5S	1	Garlic clove	1S
2 tsp.	Sesame oil	20,00	2-3	Scallions	2
2 Tbsp.	Vegetable oil	5	1/2	Yellow or white onion	Opt3
1 1/2 tsp.	Minced garlic	2, 5	1/4	Red or yellow onion	4
3/4 cup	Flour	1	1 + 1 lb.	Large carrots	2, 5S
3/4 cup	Bread crumbs or panko	1	1	Red or yellow bell pepper	5
1 Tbsp. + 2	Honey	2, 5S	1/2	Red bell pepper	2
tsp.		2,00	1 cup	Cherry tomatoes	4
1 tsp.	Sugar (superfine if	5	2-3	Tomatoes	3
	possible)	-	12-18 oz.	Baby spinach	3S, 4
3 Tbsp.	Reduced-sodium soy	2, 5	1 tsp.	Fresh or dried dill	Opt5S
	sauce	, -	1/2 tsp.	Fresh thyme	1S
2-4 Tbsp.	Vinaigrette dressing	3S	2 Tbsp.	Fresh basil and sage leaves	1
3-4	Eggs	1, 4	10	Fresh basil leaves	3
1/2 cup	Nonfat or low fat milk	1S	1 cup	Snow peas	5
			8 oz.	Sugar snap peas	2S
Spices			2 lbs.	Yukon Gold or white potatoes	1S
1 1/2 tsp.	Salt	1, 1S	1 cup	Sliced mushrooms	4
1/4 tsp.	Ground ginger	5S	2 tsp.	Fresh ginger	5
•	0 0		1/8	Lemon	5S
Other Necessi	ities (List Your Own Here)		1	Cantaloupe	2S
	-		1 cup	Fresh strawberries	3S
			Shelved Items		
			1	Ciabatta or other wide flat loaf of bread	3
			1	Loaf whole grain bread	4S
			6 oz.	Rice pilaf	2
			1-2 cups	White or quick-cooking brown rice	
			1/2-3/4 cups	Red pasta sauce	1
			2 Tbsp. +	Balsamic vinaigrette dressing, such as	3, 4
			1/4 cup	Annie's Natural's	-, .
			1 Tbsp.	Rice wine or mirin	5
			1/4 cup	Unsalted cashews	2S
			1/4 cup	Unsalted peanuts	2
			1/4 cup	Slivered almonds	3S
			.,		

# The Six O'Clock Scramble, Fall Week 1 Grocery List

Recipe Cross	Reference (numbers to right	of ingredient):		cross off things you already have)	
	vest Baked Chicken		Meat and Fish		
	Broccoli Tossed with Olive O	il and Grated	1	Whole chicken, cut-up or use 8 - 12 chicken	1
	eese & Wild Rice	_	2	pieces of your choice	
	<ol> <li>Seared Salmon with Orange-Rosemary Sauce</li> </ol>			Strips bacon (turkey, pork or meatless)	Opt5
2S) Roasted Parsnips (or Carrots) & Bulgur Pilaf with Grapes			1 1/2 lbs.	Salmon fillet	2
and Pecans					
<ol> <li>Warm Pasta Salad with Arugula or Spinach</li> </ol>			Refrigerated/F		
3S) Italian Cauliflower & Strawberry Banana Smoothie			2-3 Tbsp.	Grated Parmesan cheese	1S, 3S
4) Portobello Mushroom, Caramelized Onion and Goat Cheese			1/4 cup +	Goat or feta cheese, crumbled	3, 4S
Pizza			4 oz.		
4S) Green Sa	4S) Green Salad with Apples, Goat Cheese, Pecans, and Light			Crumbled goat cheese or fresh or shredded	4
	Honey Vinaigrette			mozzarella cheese	
<ol><li>Creamy Pc</li></ol>	otato Leek Soup		2-4 Tbsp.	Feta cheese or goat cheese	5S
	lad With Carrots, Avocado Ar	nd Goat Or Feta	1 cup	Nonfat or low fat vanilla yogurt	3S
Cheese & So	urdough Bread		1 cup	Orange juice	3S
S = used in si	dedish for the corresponding	recipe	Produce		
			2	Small yellow onion	4
			1/2	Yellow onion	1
	gs you may have)	_	1/4 cup	Chives or scallions	Opt5
3-4 Tbsp.	Butter or margarine	3S, 5	1/4	Yellow or white onion	2, 4S
9-10 Tbsp.	Olive oil	1S, 2, 2S, 3, 4, 4S	1	Carrot	5S
1/4 cup	Canola or vegetable oil	1	2	Leeks	5
2 1/2 tsp.	Minced garlic	4S, 5	2	Large carrots	1
2 Tbsp. +	Honey	1, 4S	4	Plum or Roma tomatoes	3
1/2 cup			2	Small heads lettuce	3S, 5S
2 Tbsp.	Bread crumbs	3S	1	Bunch arugula or baby spinach	3
1/4 cup	White wine	1	10	Fresh basil or mint leaves	3
1 Tbsp. +	Balsamic vinegar	2, 3	1 Tbsp.	Fresh or dried rosemary	2
1 tsp.			1 Tbsp.	Fresh flat-leaf parsley	Opt3S
1/4 cup	Red wine vinegar	4S	1 lb.	Broccoli	1S
3-6 Tbsp.	Vinaigrette dressing	5S, Opt1S	1	Head cauliflower	3S
			1 lb.	Baking potato(es)	5
<u>Spices</u>			1 lb.	Parsnips or large carrots	2S
5/8-3/4	Salt	2, 4S, Opt3	6 oz.	Portobello mushroom caps	4
tsp.			1/2-1	Avocado	5S
3/4-7/8	Black pepper	2, 2S, 4S, 5	1	Apple or pear	4S
tsp.			1/4 cup	Seedless grapes	2S
1/4 tsp.	Kosher salt	2S	1 3/8-1 1/2	Lemons	2, 4S, Opt5
2 tsp.	Dried tarragon	1	1-2	Juicing oranges	2
1 tsp.	Dried basil	4	2	Bananas	3S
1 tsp.	Dried oregano	4	2 cups	Strawberries, fresh or frozen	3S
Other Necess	<u>ities (List Your Own Here)</u>		Shelved Items		
			2	Whole wheat or white thin pre-baked pizza	4
				crusts, such as Boboli	
			1	Loaf sourdough bread	5S
			1 1/2-	Wild rice	1S
			2 cups		
			1 cup	Bulgur wheat (or use quick-cooking brown rice)	2S
			16 oz.	Penne noodles	3
			1 cup	Tomato sauce or red pasta sauce	4
			1/2 cup	Reduced-sodium chicken broth	1
			2 cups + 32 oz.	Reduced-sodium chicken or vegetable broth	2S, 5
			1/2 cup	Pitted kalamata or other strong olives	3
			1-2 Tbsp.	Dried cranberries	Opt1S
			3-4 Tbsp.	Pecans	2S, 4S, Opt1S
			+ 1/4 cup		-
			1/2 cup	Dried apricots	1
			1/3 cup	Pitted prunes	1

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

		· • • •			
	Reference (numbers to right of			cross off things you already have)	
	Garlic Pork Roast with Whipped		Meat and Fish		
	lad with Shredded Red Cabbag	e, Blue Cheese and	1 1/2-2	Boneless pork loin roast or pork tenderloin (or	1
Walnuts			lbs. 1 1/2 lbs.	use bone-in chicken pieces)	_
	<ol><li>Brazilian Halibut with Coconut-Lime Sauce</li></ol>			Sliced roast beef (such as all-natural	3
2S) Couscous	<ul> <li>2S) Couscous &amp; Steamed Broccoli</li> <li>3) Philadelphia Cheese Steaks</li> <li>3S) Tropical Smoothie</li> <li>4) Baked Risotto with Spinach and Cremini Mushrooms</li> </ul>			Applegate Farms)	
<ol> <li>Philadelphia</li> </ol>				Halibut fillet, skin removed, cut into 1-inch	2
3S) Tropical S				chunks (have the market do this, if possible) or	
<ol><li>Baked Riso</li></ol>				use other thick white fish or boneless chicken	
4S) Maple But	4S) Maple Butternut Squash			breast	
5) Delectable	Sweet and Sour Tofu		1 lb.	Extra-firm tofu packed in water	5
5S) Sesame S	Stir-fried Broccoli & Brown or WI	nite Rice		·	
·			Refrigerated/I	Frozen	
S = used in sid	de dish for the corresponding re	cipe	3 Tbsp.	Crumbled blue cheese or Gorgonzola cheese	1S
			6	Slices provolone cheese	3
			1 cup	Shredded or grated Parmesan cheese	4
Staples (thing	gs you may have)		1 cup	Nonfat vanilla yogurt	3S
1-2 Tbsp. Butter or margarine 1		2 cups	Mango, frozen or fresh	3S	
2 Tbsp.	Butter	4S	1 cup	Orange juice	3S
8 1/2	Olive oil	1, 2, 3, 4	·		
Tbsp.		., _, _, .	Produce		
1 Tbsp.	Sesame oil	5S	1	Small yellow onion	2
1 Tbsp.	Vegetable or peanut oil	5	3	Yellow onions	3, 4
5-6 tsp.	Minced garlic	5 1, 2, 5S	3 1	Yellow bell pepper	3, 4 2
•	0	1, 2, 55	2		3
1-2 Tbsp.	Pure maple syrup or brown	I	2	Medium bell peppers (any color) Tomato	2
1 0 Than	sugar Buro monto ovrun	4S	1		2 1S
1-2 Tbsp.	Pure maple syrup Ketchup	43 Opt3	1/8	Head lettuce Head red/purple cabbage	1S
1/4 cup	Reduced-sodium soy sauce	5, 5S	6 oz.		4
2 Tbsp.	<b>,</b>	5, 55 1		Baby spinach	4
1/2 cup	Nonfat or low fat milk		1 Tbsp.	Fresh or dried rosemary	4S
2 tsp.	Hot pepper sauce (such as	Opt3	1-1 1/2	Butternut squash	43
	Tabasco)		lbs. 1-2 heads	Broccoli	2S, 5S
Spiece			+ 1 lb.	BIOCCOII	23, 53
Spices	Plack pappar	1 Opt 28	+ 1 lb. 2 1/2 lbs.	Sweet poteto	1
7/8 tsp.	Black pepper Keeper celt	1, Opt2S 1	2 1/2 IDS. 8 0Z.	Sweet potato	4
1/2 tsp. 1 1/8 tsp.	Kosher salt	-		Sliced cremini or baby bella mushrooms	5
	Salt	2, Opt2S & 4S	1	Juicing orange	
1 tsp.	Salt-free lemon pepper	4, 5, Opt2S	2	Limes	2, 5
	seasoning		2	Bananas	3S
Other Necess	<u>ities (List Your Own Here)</u>		Chalved Item		
			Shelved Items 2		2
				Large soft baguettes	3
			1 pkg.	Couscous	2S
			1 1/2 cups	Arborio or short grain white rice	4
			1-2 cups	Quick-cooking brown rice or regular white rice	5S
			24 oz.	Reduced-sodium chicken or vegetable broth	4
			1/2 cup	Unsweetened light coconut milk (sold with	2
				Asian foods)	40
			2-4 Tbsp.	Balsamic vinaigrette dressing	1S
			1 Than	Shorry (	Opt 1
			1 Tbsp.	Sherry	Opt4
			1 Tbsp.	Asian sweet chili sauce (also called Mae	5
			0 TI	Ploy)	40
			3 Tbsp.	Walnuts	1S

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

Recipe Cross F	Reference (numbers to right of	ingredient):	Ingredients (c	ross off things you already have)	
		Meat and Fish			
1S) Caramelized Brussels Sprouts & Egg Noodles			1	Whole roasting chicken, 5-6 lbs.	1
2) Broiled Whit	te Fish with Lemon, Tomatoes	and Olives	12 oz.	Pre-cooked turkey kielbasa sausage	3
2S) Whole Grain Bread & Steamed Green Beans			1 lb.	Walleye, bluefish, catfish or other thick white	2
<ol> <li>Sausage and Cabbage Sauté with Tart Apples</li> </ol>				fish fillets	
<b>3S)</b> Garlic Cheese Bread					
<ol><li>Tortellini Soup with Spinach and Tomatoes</li></ol>		Refrigerated/Fr		_	
	an Bread & Carrot and Apple S	Salad	1/2 cup	Part-skim shredded mozzarella cheese	3S
	n Chile Chimichangas		1/4 cup	Shredded Parmesan cheese	4
5S) Fruit Kabol	bs		1 1/2 cups	Shredded Monterey Jack, Pepper Jack, or	5
	le dish for the corresponding r	aaina	1 0.00	Cheddar cheese Nonfat vanilla yogurt	Opt ES
S = useu in siu	le distritor the corresponding h	ecipe	1 cup 9 oz.	Whole wheat or regular cheese tortellini	Opt5S 5
		8	Large (burrito size) whole wheat or flour	5	
Staples (thing	is you may have)		Ŭ	tortillas	Ũ
2 Tbsp. Butter or margarine 3S		1 Tbsp.	Orange juice	4S	
8-9 Tbsp. +	Olive oil	1, 1S, 2, 3, 4,	· • F ·	<u> </u>	
1/4 cup +		Opt4S, 5	Produce		
1 tsp.		-	1/2	Yellow onion	1S
3 tsp.	Minced garlic	1S, 2, 4	1	Large yellow onion	1
2 tsp.	Balsamic vinegar	1S	1/2	Yellow or white onion	3
- ·			1/2	Red or yellow onion	5
<u>Spices</u>			3	Large carrots	4S
1 tsp.	Salt	1S, 2, 3, Opt	1 cup	Cherry tomatoes	2
4.0/4.1	Diastration	2S	1 pint	Grape or cherry tomatoes	5
1 3/4 tsp.	Black pepper	1, 1S, 2, 3, 4,	1/2	Head red/purple cabbage	3
1 top	Kosher salt	Opt2S	3 cups 1 lb.	Baby spinach	4 1S
1 tsp. 1/2 tsp.	Dried basil	1 4	1 lb.	Brussels sprouts Green beans, fresh or frozen	13 2S
1/2 tsp. 1/2 tsp.	Dried oregano	4	3 1/2	Lemons	1, 2, 4S, Opt2S
1/2-tsp. 1/4-1/2 tsp.	Garlic powder	3S	1	Granny Smith or other tart apple	3
17 T 17 2 top.			2	Apples	4S
Other Necessit	ties (List Your Own Here)		6-8 cups	Cups mixed fruit, such as strawberries,	5S
	· · · · · · · · · · · · · · · · · · ·			bananas, blueberries, grapes, melon, and/or	
				pineapple	
			Shelved Items		
			1	Loaf whole grain bread	2S
			1	Large sub roll (or 3 whole wheat pita pockets)	3S
			12 16 07	Loaf Italian bread	4S 1S
			12-16 oz. 1/2 cup	Egg noodles Quinoa (or use quick-cooking brown rice or	5
			inz cup	regular white rice)	0
			15 oz.	No salt added diced tomatoes	4
			1/2 cup	Tomato sauce	5
			32 oz.	Reduced-sodium chicken or vegetable broth	4
			28-30 oz.	Canned black beans	5
			1/2 cup	Pitted kalamata or other strong olives	2
			4 oz.	Mild diced green chilies or green Mexican	5
				salsa (salsa verde)	
			1 Tbsp.	Apple cider vinegar	3
			15-20	Colorful toothpicks or wooden skewers	5S

# The Six O'Clock Scramble, Fall Week 4

	Recipe Cross Reference (numbers to right of ingredient): 1) Hearty Beef Stew			Ingredients (cross off things you already have) Meat and Fish			
S) Whole Grair			1 1/2 cups	Cooked chicken strips or canned chickpeas	2		
	ra Salad with Apples, Dates	and Goat Cheese	1 1/2 lbs.	Beef chuck, cut into 1-inch cubes	1		
S) French Brea	•• •		1 1/2 lbs.	Salmon fillet, preferably wild salmon	3		
Chili Rubbed							
	ngerling Potatoes		Refrigerated/Fr	ozen			
	Basil and Clams		1/3 cup	Crumbled goat cheese	2		
	d With Carrots, Red Bell Pe	opers. Walnuts and	2 Tbsp. +	Grated Parmesan cheese	_ 4, 4S		
armesan Chee			1/4 cup		.,		
	e Eggplant Melt		1 cup	Part-skim shredded mozzarella cheese	5		
<b>55)</b> Sourdough Bread & Green Beans Almondine			2 Tbsp.	Grated or shredded Parmesan cheese	5		
c) Courdough	Bread & Green Beans Anne	nume	1-1 1/2 cups	Nonfat or low fat ricotta or cottage cheese	5		
- used in side	e dish for the corresponding	recipe	1-1 1/2 Cups	Nonial of low fall ficulta of collage cheese	5		
	e distribit the corresponding	recipe	Produce				
			1	Yellow or white onion	1		
toplog (thingg			3-4	Shallots			
Staples (things you may have)1 Tbsp.Butter or margarine5S		-		2, 4			
			3	Large carrots	1		
2 Tbsp.	Vegetable oil	1	1 cup	Shredded (matchstick cut) carrots	4S		
4 Tbsp. +	Olive oil	2, 3, 3S, 4	1/2	Red bell pepper	4S		
1/4 cup	-		1 pint	Grape or cherry tomatoes	2		
3/4 cup	Flour	1, 5	6 oz.	Baby greens	2		
I Tbsp.	Sugar	4	1	Small head lettuce	4S		
1 Tbsp.	Worcestershire sauce	1	2 Tbsp.	Fresh basil	4		
1/8 cup	Raspberry or balsamic	2	1 lb.	Green beans	5S		
	vinegar		1	Medium to large eggplant	5		
2-4 Tbsp.	Vinaigrette dressing	4S	3	Red potatoes	1		
1	Egg	5	1-1 1/2 lbs.	Fingerling potatoes or new potatoes	3S		
			1	Apple, such as Gala or Fuji	2		
pices			4	Dates	2		
3/8 tsp.	black pepper	3, 4	1/4	Lemon	Opt5S		
1/2 tsp.	Kosher salt	3, 3S			•		
1 tsp.	Dried thyme	1	Shelved Items				
3/4 tsp.	Dried oregano	3	1	Loaf whole grain bread	1S		
1/4-1/2 tsp.	Dried or fresh rosemary	3S	1	Loaf French bread	2S		
1/4 tsp.	Cinnamon	2	1	Loaf sourdough bread	5S		
1/2-3/4 tsp.	Garlic powder	- 3S, 5	1 cup	Whole wheat or white panko bread crumbs	5		
1 tsp.	Chili powder	3	16 oz.	Linguine	4		
r top.		5	8 oz.	Tomato sauce	1		
ther Necessitie	<u>es (List Your Own Here)</u>		28 oz.	Crushed tomatoes	4		
	<u>es (Eist rour Own nere)</u>				5		
			1 cup	Tomato sauce or red pasta sauce Reduced-sodium beef broth	5 1		
			1 cup		4		
			14 oz.	Hearts of palm or artichoke hearts			
			10 oz.	Baby clams (canned)	4		
			1/2 cup	Red wine	1		
			1/4 cup	Pine nuts	2		
			1/4 cup	Walnuts	4S		
			1/4 cup	Sliced almonds	5S		

# The Six O'Clock Scramble, Fall Week 5 Grocery List

	Reference (numbers to right of			ross off things you already have)	
	ghs with Roasted Red Peppers		Meat and Fish		
1S) Roasted Acorn Squash & Orzo (or Israeli Couscous)			2 lbs.	Boneless skinless chicken thighs	1
	with Zucchini, Leeks and Mell		1 lb.	Ground turkey, beef or vegetarian ground	5
2S) Green Sala	ad With Sliced Pear, Pecans, a	nd Gorgonzola		meat	
Cheese			4 oz.	Smoked salmon	4
3) Greek Rice	Bowl with Spinach, Feta and P	ine Nuts			
3S) Greek Oliv			Refrigerated/Fr	ozen	
4) Danish Egg	Salad Sandwiches with Smoke	ed Salmon	1/4 cup	Gorgonzola or blue cheese	2S
	ks with Boursin Cheese		1 cup	Crumbled goat (chevre), feta cheese, or	2
	nfetti Casserole			shredded mozzarella cheese	
	ad With Grapes, Pistachio Nuts	and Maple-Diion	1 cup	Crumbled feta cheese	3
Dressing		, and maple Dijon	1 pkg.	Boursin Light herbed cheese	4S
Drocomig			1 1/2 cups	Shredded Cheddar or Monterey Jack cheese	5
S = used in side dish for the corresponding recipe			1/4 cup	Plain nonfat or low fat yogurt or sour cream	4
0 = 0000 m 010	ie dish for the corresponding re	olpe	I/+ Oup	r lain nonial of low fat yogan of boar ofcam	7
			Produce		
Stanles (thing	s you may have)		1/2	Small red onion	4
2-3 Tbsp.	Butter or margarine	1S	6-7	Leeks	4 1, 2
2-3 Tbsp. 4 Tbsp. +	Olive oil	1, 2, 3, 5S	1	Red bell pepper	1, 2 5
		1, 2, 3, 33	1	Green bell pepper	5 5
1/4 cup	Mincod gorlin	2		1 1 1	
1/2 tsp.	Minced garlic	3	8-10	Stalks celery	4, 4S
1-2 tsp.	Brown sugar	1S	12-18 oz.	Baby spinach	3
3 Tbsp.	Mayonnaise	4	1-2 0 The	Heads lettuce	2S, 5S
1 Tbsp.	Pure maple syrup	5S	3 Tbsp.	Fresh herbs, such as basil, oregano or sage	2
1 tsp.	Dijon mustard	5S	1 Tbsp.	Fresh dill	4
1/8 cup	Balsamic vinegar	5S	1-2	Acorn squash	1S
2-4 Tbsp.	Vinaigrette dressing	2S	2	Zucchini	2
6	Eggs	4	3/4	Lemon	1, 3
			2	Pears	2S
<u>Spices</u>			1/2 cup	Seedless grapes	5S
5/8-3/4 tsp.	Salt	1, 2, 3			
1/4 tsp.	Black pepper	2, 3			
1/4 tsp.	Dried oregano	1	Shelved Items		
1 tsp.	Dried thyme	1	6	French or ciabatta rolls	4
1/2 tsp.	Paprika	1	12-16 oz.	Orzo or Israeli (large grain) couscous	1S
1/2 tsp.	Ground cumin	5	16 oz.	Small pasta shells (conchiglie) or cavatelli	2
1/4 tsp.	Crushed red pepper flakes	Opt2	1 1/2 cups	White or quick-cooking brown rice	3
1/4 tsp.	Herbes de Provence	5Ś	15 oz.	Diced tomatoes	5
•			15 oz.	Corn kernels, naturally sweetened	5
Other Necessit	ties (List Your Own Here)		3/4 cup	Roasted red peppers	1
			1 cup	Reduced-sodium chicken broth	1
			1/2 cup	Pitted kalamata olives	1
			1/2 cup	Thinly sliced roasted red peppers, marinated	Opt2
			· · •	sundried tomatoes, drained, or sliced pancetta	г ·
			1 cup	Greek olives	3S
			1 Tbsp.	Capers	Opt4
			1 cup	Chunky salsa	5
			1/4 cup	Shelled pistachio nuts	5S
			1/4 cup	Pecans	2S
			1/4 cup	Pine nuts	3
			1/4 cup 1/4 cup	Raisins or currants	Opt3
			i/+ cup		opi5