

The Six O'Clock Scramble, Winter Week 1

Grocery List

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

Recipe Cross Reference (numbers to right of ingredient):

- 1) Irresistible Honey-Curry Chicken
1S) Basmati Rice & Roasted Cauliflower Poppers
2) Savory Mustard Salmon
2S) Bulgur Pilaf with Grapes and Pecans & Steamed Broccoli
3) Miraculous Macaroni and Cheese
3S) Baby Greens with Sliced Peach or Pear and Pecans
4) Chinese New Year Stir-Fry with Tofu or Pork
4S) White or Brown Rice & Asian Dumplings or Egg Rolls
5) Soup-er Easy Black Bean and Corn Soup
5S) Homemade Tortilla Chips and Salsa & Pineapple

S = used in side dish for the corresponding recipe

Staples (things you may have)

4 Tbsp.	Butter or margarine	1, 3
1 Tbsp.	Vegetable oil	5S
1 Tbsp.	Olive oil	1S
4 tsp.	Sesame or vegetable oil	4
1 tsp.	Minced garlic	4
3 Tbsp.	Honey	1
1 Tbsp. + 1 tsp.	Cornstarch	4, Opt.-1
1 1/2 Tbsp.	Reduced fat mayonnaise	2
1 Tbsp. + 1 tsp.	Sugar (superfine if possible)	4, Opt.-4S
1 Tbsp.	Dijon or yellow mustard	1
1 1/2 Tbsp.	Dijon mustard	2
3 Tbsp.	Rice vinegar	4, Opt.-4S
1/2 cup	Reduced-sodium soy sauce	4, Opt.-4S
2-4 Tbsp.	Vinaigrette dressing	3S
3 3/4 cups	Nonfat or low fat milk	3

Spices

1/8 tsp.	Black pepper	Opt.-2S
1/2 tsp.	Kosher salt	5S
1 7/8-2 1/8 tsp.	Salt	1, 1S, 3, Opt.-2S
3/4 tsp.	Ground cumin	1S, 5
1/2 tsp.	Chili powder	1S
1 Tbsp.	Curry powder	1
1/4 tsp.	Salt-free lemon pepper seasoning	Opt. 2S
1/4 tsp.	Dry mustard	3
1 stick	Cinnamon	Opt.- 1S
6	Whole cloves	Opt.-1S
1/4 tsp.	Nutmeg	3

Other Necessities (List Your Own Here)

Ingredients (cross off things you already have)

Meat and Fish

6-8 pieces	Bone-in chicken, any variety	1
3 oz.	Cooked andouille sausage, or other sausage	Opt.-3
1 1/2 lbs.	Salmon fillet, preferably wild salmon	2
1 lb.	Extra-firm tofu packed in water (or use boneless pork, beef or chicken)	4

Refrigerated/Frozen

2 cups	Shredded Cheddar cheese	3
1 cup	Nonfat plain Greek yogurt or sour cream	Opt.-5
1 pkg.	Asian dumplings or eggrolls	4S
8-10	Corn tortillas	5S
16 oz.	Frozen mixed Oriental vegetables	4
1/4 cup	Orange juice	1

Produce

2	Whole cloves garlic	Opt.-1S
1 Tbsp.	Chives or scallions	2
1	Scallion	Opt.-4S
5-7 oz.	Baby greens	3S
1	Head cauliflower	1S
1-2	Heads broccoli	2S
1/2	Lemon	1
1/4 cup	Seedless grapes	2S
1	Peach or pear	3S
1	Pineapple (or canned pineapple rings)	5S

Shelved Items

1 1/2 cups	Basmati rice	1S
1 cup	Bulgur wheat (or use quick-cooking brown rice)	2S
2 1/2 cups	Macaroni	3
1-2 cups	White or quick-cooking brown rice	4S
5 cups	Reduced-sodium chicken or vegetable broth	Opt. 1S, 2S
14 oz.	Corn kernels, naturally sweetened	5
45 oz.	Canned black beans, reduced salt, if possible	5
2 cups	Chunky Salsa	5, Opt.-5S
1 tsp.	Creamy horseradish sauce or Chinese mustard	Opt.-2
1 Tbsp.	Hoisin sauce or black bean sauce (sold with Asian foods)	4
2 Tbsp.	Chinese mustard or Dijon mustard	Opt.-4S
1/4 cup	Chinese duck sauce	Opt.-4S
1/4 cup + 4 tsp.	Pecans	2S, 3S

The Six O'Clock Scramble, Winter Week 2

Grocery List

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

Recipe Cross Reference (numbers to right of ingredient):

- 1)** Turkey Milanese
1S) Boiled New or Red Potatoes & Green Salad with Sliced
2) Scrambalaya (Cajun Jambalaya with Smoked Ham)
2S) Green Salad with Carrots, Red Bell Peppers, Walnuts and Parmesan Cheese
3) Catfish in a Curried Tomato Sauce
3S) Basmati Rice & Lemony-Garlic Spinach
4) Rigatoni with Roasted Red Peppers, Walnuts and Basil
4S) Steamed Broccoli
5) Nacho Average Nachos
5S) Orange and Grapefruit Slices

S = used in side dish for the corresponding recipe

Staples (things you may have)

- | | | |
|-----------|-----------------------|----------------|
| 1 Tbsp. | Butter | 1 |
| 1 Tbsp. | Butter or olive oil | 1S |
| 9 Tbsp. | Olive oil | 1, 2, 3S, 4, 5 |
| 1 Tbsp. | Vegetable oil | 3 |
| 3 tsp. | Minced garlic | 3, 3S, 4 |
| 1/2 cup | Bread crumbs or panko | 1 |
| 4-8 Tbsp. | Vinaigrette dressing | 1S, 2S |
| 1 | Egg | 1 |

Spices

- | | | |
|------------------|----------------------------------|----------------------|
| 5/8-1 1/8 tsp. | Black pepper | 2, Opt.-4S |
| 1 7/8-2 1/8 tsp. | Salt | 1, 1S, 3, 5, Opt.-4S |
| 1/2 tsp. | Dried thyme | 2 |
| 1/2 tsp. | Ground cumin | 2 |
| 3-4 | Bay leaves | 2 |
| 2 tsp. | Curry powder | 3 |
| 1/4 tsp. | Turmeric | 3 |
| 1 Tbsp. | Chili powder | 5 |
| 3/8 tsp. | Garlic powder | 1S, 5 |
| 1/2 tsp. | Salt-free lemon pepper seasoning | Opt.-1S&4S |
| 1 tsp. | Dry mustard | 2 |
| 1/4 tsp. | Cayenne pepper | 3 |
| 1 stick | Cinnamon | Opt.-3S |
| 6 | Whole cloves | Opt.-3S |

Other Necessities (List Your Own Here)

Ingredients (cross off things you already have)

Meat and Fish

- | | | |
|--------------|--|---|
| 1-1 1/2 lbs. | Turkey, chicken or veal cutlets (thin cuts) | 1 |
| 1 lb. | Ground turkey or beef or black beans | 5 |
| 12 oz. | Smoked ham, sausage or turkey kielbasa or vegetarian sausage | 2 |
| 2 lbs. | Catfish fillets (or use mahi mahi, tilapia, or other thick white fish fillets) | 3 |

Refrigerated/Frozen

- | | | |
|-------------------|------------------------------|--------|
| 1 cup | Shredded Cheddar cheese | 5 |
| 1/4 cup | Gorgonzola or blue cheese | 1S |
| 2 Tbsp. + 1/4 cup | Grated Parmesan cheese | 2S, 4 |
| 1 cup | Nonfat or low fat sour cream | Opt.-5 |
| 1 cup | Guacamole | Opt.-5 |

Produce

- | | | |
|-----------|-----------------------------------|------------|
| 2 | Medium yellow onions | 2, 3 |
| 2 | Whole cloves garlic | Opt.-3S |
| 1/2 | Yellow or white onion | 4 |
| 1 | Small yellow onion | 5 |
| 1 cup | Shredded (matchstick cut) carrots | 2S |
| 1/2 | Red bell pepper | 2S |
| 1 | Green bell pepper | 2 |
| 3-4 | Stalks celery | 2 |
| 2 | Small heads lettuce | 1S, 2S |
| 15-18 oz. | Baby spinach | 3S, Opt.-3 |
| 1 cup | Fresh basil | 4 |
| 1-2 | Heads broccoli | 4S |
| 1-2 lbs. | New or red potatoes | 1S |
| 2 | Pears | 1S |
| 2 | Oranges | 5S |
| 2 | Grapefruits | 5S |
| 1 | Lemon | 1, 3S |

Shelved Items

- | | | |
|-------------|---|------------|
| 2 cups | White rice | 2 |
| 1 1/2 cups | Basmati rice | 3S |
| 16 oz. | Rigatoni noodles | 4 |
| 6-8 cups | Tortilla chips | 5 |
| 15 oz. | Diced tomatoes, preferably with no salt added | 3 |
| 14 oz. | Petite diced tomatoes or chunky salsa | 5 |
| 46 oz. | Reduced-sodium chicken or vegetable broth | 2, Opt.-3S |
| 12 oz. | Roasted red peppers | 4 |
| 15 oz. | Black beans or vegetarian refried beans | 5 |
| 1 cup | Salsa | Opt.-5 |
| 1/4-1/2 cup | Sliced jalapeno peppers or sliced olives | Opt.-5 |
| 1/4 cup | Pecans | 1S |
| 1/2 cup | Walnuts | 2S, 4 |

The Six O'Clock Scramble, Winter Week 3

Grocery List

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

Recipe Cross Reference (numbers to right of ingredient):

- 1)** Panko-Peanut Crusted Pork Chops (or Chicken or Tilapia)
1S) Whole Grain Bread & Green Salad with Dried Cranberries and Shredded Parmesan Cheese
2) Mahi Mahi with Garlic and Rosemary
2S) Rice Pilaf & Apples and Honey
3) Fearless Tomato, Sausage and Winter Squash Soup
3S) Crispy Breadsticks
4) Penne Puttanesca
4S) Kale (or Swiss Chard, Collards Or Other Hearty Greens) with Garlic and Onions
5) Hot Eggplant or Chicken Parmesan Subs
5S) Sliced Red Bell Peppers and Carrots With Dressing

S = used in side dish for the corresponding recipe

Staples (things you may have)

1 Tbsp.	Butter or margarine	1
6 1/2 Tbsp.	Olive oil	2, 3, 4, 4S
4 tsp.	Minced garlic	2, 4, 4S
4 Tbsp.	Honey	2S
2 Tbsp.	Pure maple syrup	3
1 Tbsp.	Dijon mustard	1
1 tsp.	Balsamic vinegar	Opt.-4S
1/4 cup	Ranch or Goddess dressing or other dip	5S
2-4 Tbsp.	Vinaigrette dressing	1S
1	Egg	5
1/8 cup	Nonfat or low fat milk	5

Spices

1/2 tsp.	Kosher salt	2
1/4 tsp.	Salt	Opt.-4S
1/8 tsp.	Black pepper	Opt.-4S
1/4 tsp.	Crushed red pepper flakes	Opt.-4

Other Necessities (List Your Own Here)

Ingredients (cross off things you already have)

Meat and Fish

4	Thin cut boneless pork chops, chicken cutlets, or tilapia fillets	1
12-16 oz.	Cooked chicken or turkey chorizo (spicy sausage) or other flavored sausage (or use meatless sausage or portobello or cremini mushrooms)	3
1-1 1/2 lbs.	Mahi mahi fillets (or other thick white fish)	2

Refrigerated/Frozen

1/4 cup	Shredded or grated Parmesan cheese	1S
5 Tbsp. +	Grated Parmesan cheese	4, 5
1/4 cup		
4 oz.	Sliced or shredded part-skim mozzarella cheese	5
24 oz.	Frozen cooked winter squash	3

Produce

2	Yellow onions	3, 4
1	Small yellow onion	4S
4	Large carrots	5S
1-2	Red bell peppers	5S
1	Small head lettuce	4S
1 bunch	Kale, Swiss chard, collards, or other hearty greens	1S
1/2 tsp.	Fresh or dried rosemary	2
1	Medium eggplant	5
4	Apples	2S
1/2	Lemon	2

Shelved Items

1	Loaf whole grain bread	1S
1 pkg.	Thin crispy Italian bread sticks	3S
3/4 cup	Stoned wheat crackers, panko, or bread crumbs	5
2	8-10 inch sandwich loaves of soft whole grain bread	5
1/2 cup	Panko (Japanese-style bread crumbs, whole wheat, if available)	1
1 pkg.	Rice pilaf	2S
16 oz.	Penne or other similarly shaped pasta	4
56 oz.	Crushed tomatoes	3, 4
1 cup	Red pasta sauce or tomato sauce	5
32 oz.	Reduced-sodium chicken or vegetable broth	3
2 oz.	Anchovies	4
2 Tbsp.	Capers	4
1 cup	Pitted kalamata olives	4
3 Tbsp.	Apricot preserves or jam	1
1/2 cup	Unsalted peanuts	1
2-3 Tbsp.	Dried cranberries	1S

The Six O'Clock Scramble, Winter Week 4

Grocery List

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

Recipe Cross Reference (numbers to right of ingredient):

- 1) Zesty Turkey and Black Bean Chili
- 1S) Caesar Salad
- 2) French Cassoulet with White Beans and Sausage
- 2S) Roasted Brussels Sprouts & Spaetzle (German Dumplings)
- 3) Tilapia with Chinese Black Bean Sauce
- 3S) Brown Or White Rice & Sesame Stir-fried Broccoli
- 4) Rotini with Sundried Tomatoes and Goat Cheese
- 4S) Roasted Baby Carrots
- 5) French Bread Calzones
- 5S) Spinach Salad With Mushrooms, Onions And Parmesan Cheese

S = used in side dish for the corresponding recipe

Staples (things you may have)

- | | | |
|------------------|---|---------------------|
| 1-2 Tbsp. | Butter or olive oil | 2S |
| 10-11 Tbsp. | Olive oil | 1, 1S, 2, 2S, 4, 4S |
| 1 Tbsp. + 1 tsp. | Sesame oil | 3, 3S |
| 4 1/2-5 1/2 tsp. | Minced garlic | 1, 1S, 2, 3, 3S |
| 2 Tbsp. | Reduced fat mayonnaise | 1S |
| 1/4 cup | Bread crumbs | 2 |
| 1 Tbsp. | Honey | 3 |
| 1 tsp. | Worcestershire sauce | 1S |
| 1 Tbsp. | Reduced-sodium soy sauce | 3S |
| 2-4 Tbsp. | Salad dressing, such as Annie's Goddess, ranch or Italian | 5S |
| 1 dash | Hot pepper sauce (such as Tabasco) | 1 |

Spices

- | | | |
|--------------|---------------|---------|
| 1/2-3/4 tsp. | Salt | 2S, 4 |
| 1/2-3/4 tsp. | Kosher salt | 2S, 4S |
| 1/4-3/8 tsp. | Black pepper | 4, 4S |
| 1/2 tsp. | Dried basil | 2 |
| 1/2 tsp. | Dried oregano | 2 |
| 1/8 tsp. | Ground ginger | Opt.-4S |
| 1 Tbsp. | Chili powder | 1 |

Other Necessities (List Your Own Here)

Ingredients (cross off things you already have)

Meat and Fish

- | | | |
|-----------|--|--------|
| 1 lb. | Ground turkey or vegetarian ground meat | 1 |
| 1-2 oz. | Salami | Opt.-5 |
| 12-16 oz. | Gimme Lean (meatless) sausage or 1 lb. uncooked pork or turkey sausage | 2 |
| 4 | Tilapia fillets (or use flounder, cod, or other thin white fish fillets) | 3 |

Refrigerated/Frozen

- | | | |
|---------|---|----|
| 1 cup | Part-skim shredded mozzarella cheese | 5 |
| 1/4 cup | Grated or shredded Parmesan cheese | 5S |
| 1/4 cup | Shredded Parmesan cheese | 1S |
| 2-3 oz. | Goat cheese | 4 |
| 2 pkgs. | (11 oz. each) Pillsbury Low Fat Crusty French Roll or Pizza Dough | 5 |

Produce

- | | | |
|------------|----------------------------|---------|
| 2 1/2 | Yellow onions | 1, 2, 4 |
| 4 | Scallions | 3 |
| 1/4-1/2 | Red or yellow onion | 5S |
| 1 lb. | Baby carrots | 4S |
| 1 | Small head romaine lettuce | 1S |
| 7-9 cups | Baby spinach | 5S |
| 1/2-1 tsp. | Fresh or dried rosemary | 4 |
| 1 lb. | Brussels sprouts | 2S |
| 1 lb. | Broccoli | 3S |
| 2 cups | Sliced mushrooms | 5, 5S |
| 1 tsp. | Fresh ginger | 3 |
| 1/2 | Lemon | 1S |

Shelved Items

- | | | |
|-----------|---|---------|
| 3/4-1 cup | Croutons or pita chips | Opt.-1S |
| 10 oz. | Spaetzle (German dumplings) or use gnocchi or orzo | 2S |
| 1-2 cups | Quick-cooking brown rice or regular white rice | 3S |
| 16 oz. | Rotini noodles | 4 |
| 6 oz. | Tomato paste | 1 |
| 30 oz. | Diced tomatoes | 2, 4 |
| 1/2 cup | Julienne-cut sundried tomatoes | 4 |
| 1 cup | Red pasta sauce or tomato sauce | 5 |
| 15 oz. | Diced tomatoes with green chilies (sold with Mexican foods) | 1 |
| 9-10 oz. | Corn kernels, naturally sweetened | 1 |
| 15-19 oz. | Canned cannellini beans or white kidney beans | 2 |
| 15 oz. | Canned black beans | 1 |
| 1/2 tsp. | Anchovy paste | 1S |
| 1 Tbsp. | Rice wine | 3 |
| 2 Tbsp. | Chinese black bean sauce | 3 |

The Six O'Clock Scramble, Winter Week 5

Grocery List

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

Recipe Cross Reference (numbers to right of ingredient):

- 1) Sautéed Chicken with Lemon and Capers
- 1S) Roasted Sweet Potato Slices & Crispy Breadsticks
- 2) Tropical Shrimp (or Chicken)
- 2S) Steamed Peas
- 3) Rigatoni with Diced Tomatoes and Bacon
- 3S) Steamed Broccoli Tossed With Olive Oil and Grated Parmesan Cheese
- 4) Rich and Creamy Potato, Leek and Barley Stew
- 4S) Ambrosia Fruit Salad & Whole Wheat or White Dinner Rolls
- 5) Orange Cumin Black Beans over Rice
- 5S) Corn

S = used in side dish for the corresponding recipe

Staples (things you may have)

- | | | |
|----------------------|---------------------|-------------|
| 1 Tbsp. | Canola or olive oil | 1S |
| 2 Tbsp. + 1 tsp. | Butter or margarine | 2, 5S |
| 2 Tbsp. | Butter | 4 |
| 5 Tbsp. | Olive oil | 1, 3, 3S, 5 |
| 1 Tbsp. + 1 1/2 tsp. | Minced garlic | 1, 2 |
| 2 Tbsp. | Honey | 4S, Opt.-1 |
| 2 Tbsp. | Brown sugar | 1S, Opt.-5 |
| 1 oz. | Tequila or rum | Opt.-2 |

Spices

- | | | |
|--------------|---------------------------|---------|
| 1/2-3/4 tsp. | Salt | 1, 2 |
| 3/8 tsp. | Black pepper | 1, 2, 4 |
| 1/2 tsp. | Cinnamon | 1S |
| 1 tsp. | Ground cumin | 5 |
| 1 tsp. | Chili powder | 5 |
| 1/8 tsp. | Crushed red pepper flakes | Opt.-2 |
| 1/4 tsp. | Allspice or cloves | 1S |

Other Necessities (List Your Own Here)

Ingredients (cross off things you already have)

Meat and Fish

- | | | |
|------------|---|---|
| 1 1/2 lbs. | Boneless, skinless chicken breasts | 1 |
| 4 oz. | Bacon (turkey, pork or meatless) | 3 |
| 1 lb. | Large shrimp, peeled and deveined or boneless chicken breasts | 2 |

Refrigerated/Frozen

- | | | |
|---------------------|--|-------|
| 1-2 Tbsp. + 3/4 cup | Grated Parmesan cheese | 3, 3S |
| 1 cup | Shredded Swiss cheese | 4 |
| 2 Tbsp. | Plain nonfat or low fat yogurt or sour cream | 4S |
| 10-16 oz. | Frozen peas | 2S |
| 1 lb. | Frozen corn kernels | 5S |
| 1/2 cup | Orange juice | 5 |

Produce

- | | | |
|-------------|--|----------|
| 1 1/4 | Yellow onions | 2, 3 |
| 1 | Shallot | 5 |
| 2 | Carrots | 4 |
| 3 | Leeks | 4 |
| 2 | Stalks celery | 5 |
| 2 | Tomatoes | 2 |
| 1/2 tsp. | Fresh or dried rosemary | 4 |
| 1 - 2 | Heads broccoli | 3S |
| 2 | Large sweet potatoes | 1S |
| 3 | Medium white potatoes | 4 |
| 1 3/8-1 7/8 | Lemon | 1, 2, 4S |
| 1/4 | Lime | Opt.-5S |
| 6 cups | fresh fruit, such as cantaloupe, blueberries, strawberries, bananas, and/or grapes | 4S |

Shelved Items

- | | | |
|--------------|---|------|
| 1 pkg. | Whole wheat or white dinner rolls | 4S |
| 1 pkg. | Thin crispy Italian breadsticks | 1S |
| 7-10 oz. | Rice noodles or white rice | 2 |
| 16 oz. | Rigatoni noodles | 3 |
| 1 cup | Quick-cooking or regular barley | 4 |
| 1-1 1/2 cups | White or quick-cooking brown rice | 5 |
| 28-30 oz. | Diced tomatoes with Italian seasoning | 3 |
| 6 1/2 cups | Reduced-sodium chicken or vegetable broth | 4, 5 |
| 28-30 oz. | Canned black beans | 5 |
| 1/4 cup | Light unsweetened coconut milk | 2 |
| 2 Tbsp. | Capers | 1 |

The Six O'Clock Scramble, Spring Week 1

Grocery List

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

Recipe Cross Reference (numbers to right of ingredient):

- 1) Lemon Oregano Chicken
- 1S) Couscous & Asparagus with Pine Nuts
- 2) Grilled Caramelized Ginger Salmon
- 2S) White or Brown Rice & Green Salad with Red Bell Peppers, Toasted Almonds, Shredded Carrots and Ginger Dressing.
- 3) San Francisco Joes
- 3S) Red or Orange Bell Peppers with Light Ranch Dressing
- 4) Ravioli with Spinach and Sundried Tomatoes
- 4S) Green Salad With Grapes, Walnuts and Gorgonzola Cheese
- 5) Mango and Black Bean Salad
- 5S) Avocados With Lime

S = used in side dish for the corresponding recipe

Staples (things you may have)

6 Tbsp.	Olive oil	1, 1S, 3, 4
1 Tbsp.	Canola or vegetable oil	2
2 tsp.	Minced garlic	1, 4
2 Tbsp.	Brown sugar	1
1/4 cup	Reduced-sodium soy sauce	2
1/4 cup	White wine	3
2 Tbsp.	Worcestershire sauce	3
2-4 Tbsp.	Vinaigrette dressing	4S
2	Eggs	3

Spices

1/4-3/8 tsp.	Black pepper	1S, 3
1/2 tsp.	Kosher salt	1
3/4-1 1/8 tsp.	Salt	1S, 3, 5, 5S
3/4 tsp.	Dried oregano	1
1/2 tsp.	Garlic powder	3
1 Tbsp.	Salt-free lemon pepper seasoning	2
1/4-1/2 tsp.	Crushed red pepper flakes	Opt.-4

Other Necessities (List Your Own Here)

Ingredients (cross off things you already have)

Meat and Fish

2 lbs.	Boneless, skinless chicken breasts	1
1 lb.	Ground beef, turkey, or vegetarian ground meat	3
1 1/2 lbs.	Salmon filet, preferably wild salmon	2

Refrigerated/Frozen

2 Tbsp.	Gorgonzola cheese	4S
1/4 cup	Grated Parmesan cheese	3
20 oz.	Cheese ravioli, or any variety	4
6	Whole wheat or white tortillas	Opt.-5
10 oz.	Frozen chopped spinach	3

Produce

6	Scallions	2, 2S
1	Yellow onion	3, 4
1/4	Vidalia or other yellow onion	5
1/4 cup	Scallions or chives	5
1 cup	Pre-shredded carrots	2S
1/2	Red bell pepper	2S
1-2	Red or orange bell peppers	3S
1	Head romaine lettuce or bok choy	2S
1	Head lettuce	4S
6-9 oz.	Baby spinach	4
6	Large Boston or butter lettuce leaves	Opt.-5
1/4 cup	Fresh cilantro	Opt.-5
1 lb.	Asparagus	1S
8 oz.	Sliced mushrooms	3
1 Tbsp.	Fresh ginger	2
2-4	Avocados	5S
1 cup	Seedless purple grapes	4S
1 1/2	Limes	5, 5S
1-1 1/2 cups	Mango, fresh or frozen	5
1/2-3/4	Lemon	1

Shelved Items

6-12 slices	Sourdough bread	3
1-2 cups	White or quick-cooking brown rice	2S
1 cup	Quick-cooking brown rice or pre-cooked brown rice	5
1 pkg.	Couscous	1S
1 1/2 cups	Red pasta sauce, any flavor	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 Gingersly Vinaigrette)	2S
1/4 cup	Light ranch dressing or other dip	3S
1 Tbsp.	Slivered almonds	2S
1/4 cup	Walnuts	4S
2 Tbsp.	Pine nuts	1S

The Six O'Clock Scramble, Spring Week 2

Grocery List

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

Recipe Cross Reference (numbers to right of ingredient):

- 1) Smokin' Barbecue Meatloaf
1S) Whole Grain English Muffins & Red or Orange Bell Peppers with Light Ranch Dressing
 2) Basil-Parmesan Baked Snapper
2S) Baked Bread Sticks & Green Salad with Celery, Walnuts and Feta Cheese
 3) Chinese Lo Mein Noodles with Asparagus
3S) Asian Cucumber Salad
 4) Crispy Tofu Triangles with Fried Rice
4S) Orange Slices
 5) Spinach, Basil and Red Pepper Wraps
5S) White Bean and Red Onion Salad

S = used in side dish for the corresponding recipe

Staples (things you may have)

1 Tbsp. +	Olive oil	2S, 5S
1/4 cup		
2 Tbsp. +	Peanut oil	3, 4
1/4 cup		
1 Tbsp.	Sesame oil	4
1 1/2 tsp.	Minced garlic	3
3/4 cup	Oats or bread crumbs	1
1 Tbsp.	Pure maple syrup	2S
1 tsp.	Sugar	3S
1 tsp.	Sugar (superfine if possible)	3
2 Tbsp.	Pure maple syrup or honey	4
1 tsp.	Dijon mustard	2S
1/8 cup	Red wine vinegar	2S
4 tsp.	Rice vinegar	3S, 4
7 Tbsp. +	Reduced-sodium soy sauce	3, 3S, 4
1/4 cup		
2	Eggs	1, 4

Spices

1/2-3/4 tsp.	Black pepper	2, 4
1 1/2 tsp.	Dried basil	2
1/2 tsp.	Dried thyme or herbes de Provence	2S
1/4 tsp.	Ground ginger	4
3/4-1 tsp.	Garlic powder	1,2
1 tsp.	Chili powder	1
1/2 tsp.	Dry mustard	1
1 Tbsp.	Toasted sesame seeds	3S

Other Necessities (List Your Own Here)

Ingredients (cross off things you already have)

Meat and Fish

2 lbs	Ground chicken, lean turkey, or lean beef	1
1/2 lb.	Boneless chicken, beef, or extra-firm tofu	3
1-1 1/2 lbs.	Red snapper, flounder, tilapia, or other white fish fillets	2
16 oz.	Extra-firm tofu packed in water	4

Refrigerated/Frozen

8 slices	Havarti or Cheddar cheese	5
3 Tbsp.	Grated Parmesan cheese	2
2 Tbsp.	Crumbled feta cheese	2S
1 pkg.	Low fat bread sticks (bake-at-home), such as Pillsbury	2S
4	Large whole wheat tortillas	5
1 cup	Peas or finely diced carrots	Opt.-4

Produce

1	Yellow or white onion	3
5	Scallions	4
1/4	Red onion	5S
1/2	Small yellow onion	1
1	Red bell pepper	5
1-2	Red or orange bell peppers	1S
2	Stalks celery	2S
4 cups	Baby spinach	5
1 head	Lettuce	2S
1/2 cup	Fresh basil	5
3	Fresh basil leaves	Opt.-2
1 lb.	Asparagus	3
2	Cucumbers	3S
1	Lemon	2, 5S
3-6	Oranges	4S

Shelved Items

1 pkg.	Whole grain English muffins	1S
16 oz.	Chinese lo mein noodles (sold with Asian foods) or spaghetti	3
1 1/2 cups	Dry white or quick-cooking brown rice	4
15 oz.	Canned cannellini beans	5S
1-2 tsp.	Capers	5S
8 tsp.	Mango chutney or honey mustard	5
1 cup	Barbeque sauce	1
1/4 cup	Light ranch dressing or other dip	1S
2 Tbsp.	Walnuts	2S

The Six O'Clock Scramble, Spring Week 3

Grocery List

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

Recipe Cross Reference (numbers to right of ingredient):

- 1)** Lemon Pepper Pork Chops
1S) Crispy Breadsticks & Steamed Broccoli Tossed with Olive Oil and Grated Parmesan Cheese
2) Cornmeal Crusted Fish with Black Bean and Corn Salsa
2S) Pineapple, Fresh or Canned
3) Penne with Prosciutto and Goat Cheese
3S) Sugar Snap Peas with Cashews
4) Chili Potatoes with Sweet Peppers
4S) Popcorn, Freshly Popped
5) Summer Herb and Vegetable Stew
5S) Israeli (large Grain) Couscous

S = used in side dish for the corresponding recipe

Staples (things you may have)

- | | | |
|-------------|----------------------|------------------|
| 1 Tbsp. | Butter or margarine | 1 |
| 3 Tbsp. | Canola or peanut oil | Opt.-4S |
| 6-7 Tbsp. + | Olive oil | 1, 1S, 2, 3, 3S, |
| 1/4 cup | | 4, 5 |
| 1 Tbsp. | Honey | 5 |

Spices

- | | | |
|----------|----------------------------------|---------|
| 1 tsp. | Salt | 1, 4, 5 |
| 1/2 tsp. | Popcorn salt | Opt.-4S |
| 1/2 tsp. | Dried oregano | 4 |
| 1/4 tsp. | Ground cumin | 4 |
| 3/4 tsp. | Chili powder | 4 |
| 4 tsp. | Salt-free lemon pepper seasoning | 1 |
| 2 tsp. | Old Bay seasoning | 2 |

Other Necessities (List Your Own Here)

Ingredients (cross off things you already have)

Meat and Fish

- | | | |
|--------|--|---|
| 2 lbs. | Thin center cut boneless pork chops | 1 |
| 3 oz. | Prosciutto | 3 |
| 1 lb. | White roughy, tilapia, catfish or other boneless, skinless white fish fillets (or chicken cutlets) | 2 |

Refrigerated/Frozen

- | | | |
|-----------|---|---------|
| 1-2 Tbsp. | Grated Parmesan cheese | 1S |
| 4 oz. | Goat cheese | 3 |
| 1/2 cup | Shredded cheddar cheese | 4 |
| 1/2 cup | Shredded Monterey Jack or mozzarella cheese | 4 |
| 4 oz. | Crumbled feta cheese | Opt.-5 |
| 1/2 cup | Nonfat sour cream | Opt.-4 |
| 1 cup | Frozen corn kernels | 2 |
| 1/4 cup | Orange juice | Opt.-5S |

Produce

- | | | |
|---------|---------------------------------------|--------|
| 1 | Small yellow or white onion | 4 |
| 1 | Large yellow onion | 5 |
| 1 | Red or green bell pepper | 4 |
| 1 | Jalapeno pepper | 4 |
| 2 | Tomatoes | 3 |
| 1 cup | Fresh basil and/or parsley | 3 |
| 2 Tbsp. | Fresh parsley | Opt.-5 |
| 20 | Fresh basil leaves | 5 |
| 1 Tbsp. | Fresh oregano | 5 |
| 1 lb. | Broccoli | 1S |
| 8 oz. | Sugar snap peas | 3S |
| 16 oz. | Green beans, fresh or frozen | 5 |
| 4 | Russet (baking) potatoes | 4 |
| 1 | Large sweet potato | 5 |
| 1 | Pineapple (or canned pineapple rings) | 2S |

Shelved Items

- | | | |
|------------|---|------------|
| 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 | Opt.-5S |
| 1 1/2 cup | Chunky salsa | 2, Opt. -4 |
| 1 cup | Pitted black or kalamata olives | Opt.-3 |
| 1/4 cup | Unsalted cashews | 3S |
| 1/2 cup | Popcorn kernels | 4S |

The Six O'Clock Scramble, Spring Week 4

Grocery List

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

Recipe Cross Reference (numbers to right of ingredient):

- 1) Ginger-Soy Flank Steak
- 1S) Brown or White Rice & Steamed Edamame (Japanese Soy Beans) or Peas
- 2) Tilapia Packets with Fresh Herbs and Baby Spinach
- 2S) Quinoa (or Couscous)
- 3) Spaghetti Carbonara
- 3S) Steamed Broccoli with Lemon Pepper Seasoning
- 4) Chipotle Bean and Corn Burritos
- 4S) Lemony Asparagus
- 5) Mediterranean Quinoa Salad
- 5S) Homemade Pita Chips

S = used in side dish for the corresponding recipe

Staples (things you may have)

- | | | |
|-----------|--------------------------|------------------|
| 2 Tbsp. | Peanut oil | 1 |
| 5 Tbsp. + | Olive oil | 2, 3, 4, 4 S, 5, |
| 1/4 cup + | | 5S |
| 1 tsp. | | |
| 1 Tbsp. + | Minced garlic | 1, 3, 4S |
| 2 tsp. | | |
| 2 tsp. | Rice vinegar | 1 |
| 3 Tbsp. | Reduced-sodium soy sauce | 1 |
| 2 Tbsp. | White wine | 2 |
| 3 Tbsp. | Balsamic vinegar | 4, 5 |
| 2 | Eggs | 3 |

Spices

- | | | |
|--------------|----------------------------------|-------------|
| 5/8-3/4 tsp. | Kosher salt | 1S, Opt.-5S |
| 1/4-1/2 tsp. | Salt | 2 |
| 1/8-1/4 tsp. | Black pepper | 2 |
| 1/4-1/2 tsp. | Salt-free lemon pepper seasoning | 3S |

Other Necessities (List Your Own Here)

Ingredients (cross off things you already have)

Meat and Fish

- | | | |
|--------------|--|---|
| 1 1/2-2 lbs. | Flank steak | 1 |
| 8 oz. | Turkey bacon, preferably nitrite-free | 3 |
| 1 1/2 lbs. | Tilapia fillets (or use flounder, cod, or other thin white fish fillets) | 2 |

Refrigerated/Frozen

- | | | |
|---------|--|--------|
| 1 cup | Grated Parmesan cheese | 3 |
| 1 cup | Shredded Cheddar cheese | 4 |
| 3/4 cup | Crumbled feta cheese | 5 |
| 1 cup | Plain nonfat or low fat yogurt | Opt.-5 |
| 6 | Large (burrito size) whole wheat or flour tortillas | 4 |
| 1 lb. | Edamame (Japanese soy beans, sold frozen) or frozen peas | 1S |

Produce

- | | | |
|-----------|---|----------|
| 3 | Scallions | 1 |
| 1/2 | Yellow onion | 4 |
| 1 | Yellow bell pepper | 2 |
| 2 cups | Baby spinach | 2 |
| 4 cups | Mixed salad greens | Opt.-5 |
| 1 Tbsp. | Fresh sage, thyme, parsley, basil, or any combination | 2 |
| 1/4 cup | Fresh flat-leaf parsley | Opt.-3 |
| 1/2 cup | Flat-leaf parsley or basil | 5 |
| 1 Tbsp. | Fresh minced ginger (from one small chunk) | 1 |
| 1 lb. | Broccoli | 3S |
| 1 lb. | Asparagus | 4S |
| 10-14 oz. | Corn kernels, fresh, frozen or canned | 4 |
| 1-1 1/4 | Lemons | 2, 4S, 5 |

Shelved Items

- | | | |
|-----------|--|----|
| 2-3 | Pita pockets, whole wheat or white | 5S |
| 1-2 cups | Quick-cooking brown rice or regular white Rice | 1S |
| 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 |

The Six O'Clock Scramble, Spring Week 5

Grocery List

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

Recipe Cross Reference (numbers to right of ingredient):

- 1) Tandoori Chicken
- 1S) Basmati Rice & Curried Carrots with Dill
- 2) Beef or Turkey Empanadas (Flaky Meat Pies)
- 2S) Baked Potato Chips & Lemony-garlic Spinach
- 3) Spice-Tossed Shrimp with Parmesan Grits
- 3S) Steamed Broccoli with Lemon Pepper Seasoning
- 4) Honey Sesame Spaghetti
- 4S) Baby Carrots with Dip
- 5) Cream of Asparagus Soup with Fresh Croutons
- 5S) Green Salad with Raisins, Cashews and Sunflower Seeds

S = used in side dish for the corresponding recipe

Staples (things you may have)

- | | | |
|-----------|--------------------------|--------------|
| 1 Tbsp. | Butter or margarine | 3 |
| 1 Tbsp. | Butter | 5 |
| 7 Tbsp. + | Olive oil | 1S, 2S, 3, 5 |
| 2 tsp. | | |
| 1/3 cup | Sesame oil | 4 |
| 1/4 cup | Canola or vegetable oil | 4 |
| 4 tsp. | Minced garlic | 1, 2S, 5 |
| 5 Tbsp. | Honey | 4 |
| 2 Tbsp. | Balsamic vinegar | 2 |
| 1/2 cup | Ketchup | Opt.-2S |
| 4 Tbsp. | Reduced-sodium soy sauce | 4 |
| 2-4 Tbsp. | Vinaigrette dressing | 5S |

Spices

- | | | |
|------------------|--|----------------|
| 2 1/8-2 3/8 tsp. | Salt | 1, 1S, 2, 3, 5 |
| 1/4-1/2 tsp. | Kosher salt | 2S |
| 3/4 tsp. | Black pepper | 3, 5 |
| 1/2 tsp. | Dried thyme | 3 |
| 1 tsp. | Dried tarragon | 5 |
| 1/2 tsp. | Dried or fresh dill | 1S |
| 1/2 tsp. | Rosemary, oregano or other dried herbs | Opt.-2S |
| 1 Tbsp. | Dried oregano | 3 |
| 1/2 tsp. | Chili powder | 3 |
| 1/2 tsp. | Curry powder | 1S |
| 1 1/4 tsp. | Ground cumin | 1,2 |
| 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 seasoning | 3, 3S |
| 1/4-1/2 tsp. | Crushed red pepper flakes | Opt.-4 |
| 3 Tbsp. | Toasted sesame seeds | 4 |
| 1 | Stick of cinnamon | Opt.-1S |
| 6 | Whole cloves | Opt.-1S |
| 1/8 tsp. | Ground cloves | 2 |
| 1 tsp. | Garam masala (an Indian spice blend) | 1 |

Other Necessities (List Your Own Here)

Ingredients (cross off things you already have)

Meat and Fish

- | | | |
|--------------|---|---|
| 1 1/2-2 lbs. | Boneless, skinless chicken thighs or breasts | 1 |
| 1 lb. | Ground turkey, beef or vegetarian ground meat | 2 |
| 1 lb. | Large shrimp, peeled and deveined | 3 |

Refrigerated/Frozen

- | | | |
|---------|---|---|
| 1/2 cup | Grated Parmesan cheese | 3 |
| 3/4 cup | Low fat plain yogurt, preferably thick Greek yogurt | 1 |
| 1/4 cup | Half & half or heavy cream | 5 |
| 2 | Read-made refrigerated pie crusts that you unroll (not in tins) | 2 |
| 2 cups | Frozen peas or shelled edamame | 4 |

Produce

- | | | |
|----------|--------------------------|---------|
| 2 | Whole cloves garlic | Opt.-1S |
| 1 | Medium yellow onion | 2 |
| 2 | Scallions | 4 |
| 4-6 | Large carrots | 1S |
| 1 lb. | Baby carrots | 4S |
| 9-12 oz. | Baby spinach | 2S |
| 1 | Small head lettuce | 5S |
| 1/4 cup | Fresh cilantro | Opt.-4 |
| 1 lb. | Broccoli | 3S |
| 1 lb. | Asparagus | 5 |
| 4 | Russet (baking) potatoes | 2S, 5 |
| 2 tsp. | Fresh ginger | 1 |
| 1 | Lime | 1 |
| 1/4 | Lemon | 2S |

Shelved Items

- | | | |
|------------|---|------------|
| 1 | Baguette | 5 |
| 1 cup | Quick-cooking grits (not instant) | 3 |
| 16 oz. | Thin spaghetti | 4 |
| 1 1/2 cups | Basmati rice | 1S |
| 56 oz. | Reduced-sodium chicken or vegetable broth | 5, Opt.-1S |
| 1/4 cup | Mango chutney | Opt.-1 |
| 1/4 cup | Ranch dressing | 4S |
| 1/2 cup | Raisins | 2, 5S |
| 2 Tbsp. | Sunflower seeds, shelled | 5S |
| 1/4 cup | Unsalted cashews | 5S |

The Six O'Clock Scramble, Summer Week 1

Grocery List

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

Recipe Cross Reference (numbers to right of ingredient):

- 1) Grilled Chipotle Chicken with Mango Salsa
1S) Quesadillas
 2) Tortuguero Tilapia with Cilantro-Lime Sauce
2S) Quinoa (or Couscous) & Baby Greens with Sliced Peach or Pear and Pecans
 3) Farfalle with Pine Nuts and Fresh Herbs
3S) Spinach Salad with Strawberries and Gorgonzola
 4) Vegetarian Enchiladas
4S) Guacamole with Carrots
 5) Turkey Club Panini
5S) Fresh Blackberries or Blueberries

S = used in side dish for the corresponding recipe

Staples (things you may have)

2 Tbsp.	Butter	3
8 Tbsp.	Olive oil	2, 3, 4, 5
2 tsp.	Minced garlic	3, 4
1 Tbsp. + 1 tsp.	Honey	1, 5
2 Tbsp.	Fat free or reduced-fat mayonnaise	5
2 Tbsp.	White wine vinegar	1
1 Tbsp.	Yellow or Dijon mustard	5
2-4 Tbsp.	Vinaigrette dressing	2S

Spices

1 3/4 tsp.	Salt	1, 2, 3, 4, 4S
1/8 tsp.	Black pepper	2
3/4 tsp.	Ground cumin	4
1/4 tsp.	Garlic powder	4S
3/4 tsp.	Chili powder	4

Other Necessities (List Your Own Here)

Ingredients (cross off things you already have)

Meat and Fish

2 lbs.	Boneless, skinless chicken breasts	1
8 slices	Turkey bacon (preferably nitrite-free) or vegetarian bacon	5
1/2 lb.	Reduced-salt sliced turkey breast or meatless deli slices	5
1-1 1/2 lbs.	Tilapia fillets or other thin white fish fillets	2

Refrigerated/Frozen

1-1 1/2 cups	Shredded Cheddar cheese	1S
1/4 cup	Gorgonzola cheese	3S
1/4-1/2 cup	Grated Parmesan cheese	3
2 cups	Shredded Mexican blend cheese, or use Cheddar or Monterey Jack	4
2 oz.	Cheddar cheese, not shredded	5
1 cup	Nonfat or low fat sour cream	Opt.-4
4-6	Whole wheat or white tortillas	1S
10-12	Corn tortillas	4

Produce

1/2	Small yellow or white onion	1
3	Whole cloves garlic	2
1/2	Red or yellow onion	4
1 lb.	Baby carrots or large carrots	4S
2	Large tomatoes	1, 5
5-7 oz.	Baby greens	2S
6-9 oz.	Baby spinach	3S
2 Tbsp.	Fresh cilantro or flat-leaf parsley	1
1/3 cup	Fresh cilantro	2
1 cup	Fresh basil	3
2	Zucchini	4
2-3	Avocados	4S
1/2	Lime or lemon	4S
1-2 pints	Fresh blackberries or blueberries	5S
2	Limes	1,2
1	Large mango	1
1	Peach or pear	2S
1-2 cups	Strawberries	3S

Shelved Items

8	Thin slices sourdough bread	5
1-2 cups	Quinoa or couscous	2S
16 oz.	Farfalle or other noodles	3
1 cup	Crushed tomatoes	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.	Pecans	2S
2 Tbsp.	Pine nuts	3

The Six O'Clock Scramble, Summer Week 2

Grocery List

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

Recipe Cross Reference (numbers to right of ingredient):

- 1) Three Pepper Flank Steak with Red Onions
1S) Garlic Toast & Pan-browned Yellow Squash or Zucchini
 2) Curried Chicken Salad with Grapes
2S) Whole Grain Bread & Sliced Tomato Salad
 3) Grilled Balsamic Glazed Salmon
3S) Grilled Broccoli & Couscous with Toasted Pine Nuts and Currants or Raisins
 4) Ravioli with Walnut and Parsley Pesto
4S) Tomato, Artichoke, and Mozzarella Salad
 5) Moo Shu Vegetable Wraps
5S) Asian Dumplings or Egg Rolls & Asian Cucumber Salad

S = used in side dish for the corresponding recipe

Staples (things you may have)

1 Tbsp.	Butter	1S
9 Tbsp. +	Olive oil	1, 1S, 3, 3S, 4,
2/3 cup		4S
2 Tbsp.	Canola or vegetable oil	5
3 tsp.	Minced garlic	1S, 3, 4
1 Tbsp.	Brown sugar	1
1/4 cup	Reduced-fat mayonnaise	2
1 tsp.	Sugar	5S
1 tsp.	Sugar (superfine if possible)	Opt.-5S
1 Tbsp. +	Balsamic vinegar	1, 3, 4S
1/2 cup + 1		
tsp.		
1 tsp.	Dijon mustard	3
1 Tbsp. + 2	Rice vinegar	5S, Opt.-5S
tsp.		
1 Tbsp. +	Reduced-sodium soy	5S, Opt.-5S
1/4 cup	sauce	
1-3 tsp.	Asian Chili sauce,	Opt.-5
	Tabasco, or other hot	
	pepper sauce	
1-3 tsp.	Vinaigrette dressing	2S

Spices:

1 tsp.	Salt	1, 1S, 4
5/8 tsp.	Black pepper	3, 4, Opt.-1S
1 1/4 tsp.	Kosher salt	1S, 3
1/2 tsp.	Dried basil	4S
1/2 tsp.	Dried oregano	4S
1 tsp.	Paprika	1
1 tsp. +	Chili powder	1, Opt.-1S
1/4 tsp.		
2-3 tsp.	Curry powder	2
1/4 tsp.	Crushed red pepper flakes	Opt.-1S
1/8-1/4 tsp.	Chipotle chili powder or cayenne pepper	1
1 tsp.	Dried sage	1
1 Tbsp.	Toasted sesame seeds	5S

Other Necessities (List Your Own Here)

Ingredients (cross off things you already have)

Meat and Fish

1-1 1/2 lbs.	Boneless, skinless chicken breasts	2
1 1/2 cups	Cooked sliced chicken	Opt.-5
2 lbs.	Flank steak	1
1 1/2-2 lbs.	Salmon fillet, preferably wild salmon	3

Refrigerated/Frozen

1-2 Tbsp.	Crumbled feta cheese	2S
1 Tbsp.	Grated Parmesan cheese	Opt.-3S
6-8 oz.	Fresh mozzarella cheese	4S
3/4 cup	Shredded Parmesan cheese	4
1/2 cup	Plain nonfat yogurt	2
20 oz.	Reduced-fat cheese ravioli	4
1 pkg.	Asian dumplings or egg rolls	5S
6	Whole wheat or white tortillas	5

Produce:

3-4	Scallions	5, Opt.-5S
1/2	Yellow or white onion	5
1	Red onion	1
1/8-1/4	Yellow onion	2S
1/2	Red bell pepper	5
2	Stalks celery	2
4-5	Tomatoes	2S, 4
1	Pint cherry or grape tomatoes	4S
1	Head lettuce	Opt.-2
1/4 tsp.	Fresh or dried rosemary	1S
1 Tbsp. +	Fresh basil leaves	4, Opt.-2S
1/4 cup		
1-2 tsp.	Fresh chives, basil or parsley	3
1 bunch	Italian flat-leaf parsley	4
2	Cucumbers	5S
1	Zucchini	5
2-3	Yellow squash or zucchini	1S
1-2	Heads broccoli	3S
8-12 oz.	Sliced fresh mushrooms	5
1/2	Lemon	2
1	Cup seedless red grapes	2

Shelved Items

6 slices	Sourdough, French or challah bread	1S
1 loaf	Whole grain bread	2S
12 slices	Whole wheat bread	Opt.-2
1 pkg.	Couscous	3S
1-1 1/2 cups	White or quick-cooking brown rice	5
6 oz.	Marinated artichokes	4S
1/2 cup	Pitted Greek olives	Opt.-4S
2 Tbsp.	Mango chutney or apricot jam	2
2 Tbsp.	Currants or raisins	3S
4 Tbsp.	Hoisin sauce	5
2 Tbsp.	Chinese mustard or Dijon mustard	Opt.-5S
1/4	Chinese duck sauce	Opt.-5S
1/4 cup	Shelled and unsalted pistachio nuts	2
2 Tbsp.	Pine nuts	3S
1/2 cup	Walnuts	4

The Six O'Clock Scramble, Summer Week 3

Grocery List

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

Recipe Cross Reference (numbers to right of ingredient):

- 1) Pork Cutlets with Mushroom-Sherry Sauce
- 1S) Zucchini Fritters
- 2) Lemony Fish Bake with Vegetable Confetti
- 2S) Israeli (large Grain) Couscous & French Beet Salad
- 3) Grilled Quicki Souvlaki Sandwich
- 3S) Greek Salad
- 4) Southwestern Cobb Salad with Avocado Ranch Dressing
- 4S) Homemade Tortilla Chips And Salsa
- 5) Divine Eggplant and Chickpeas with Mint
- 5S) Whole Wheat Couscous

S = used in side dish for the corresponding recipe

Staples (things you may have)

1 Tbsp.	Butter or margarine	1
1-2 Tbsp.	Butter or vegetable oil	1S
8 Tbsp. + 1 tsp.	Olive oil	2, 3, 3S, 4, 5
1 Tbsp.	Vegetable oil	4S
1 1/2 tsp.	Minced garlic	2,3
3/4 cup	Bread crumbs	1S
1 tsp.	Honey	4
1 tsp.	Dijon mustard	1
2 tsp.	White wine vinegar	2S
1 tsp.	Red wine vinegar	3S
2	Eggs	1S, 4
1 dash	Hot pepper sauce (such as Tabasco)	Opt.-4

Spices

1 1/4-1 1/2 tsp.	Salt	1, 2, 4, 5
5/8 tsp.	Black pepper	1, 2, 3S
3/4 tsp.	Kosher salt	3, 4S
1/2 tsp.	Ground cumin	5
1/2 tsp.	Paprika	5
1/2 tsp.	Salt-free lemon pepper seasoning	1S
1/2 tsp.	Old Bay seasoning	1S
1/2 tsp.	Herbes de Provence	2

Other Necessities (List Your Own Here)

Ingredients (cross off things you already have)

Meat and Fish

1 cup	Cooked chicken breast	4
4	Thin pork cutlets (or use turkey cutlets or thin steaks)	1
12 oz.	Precooked sweet Italian turkey sausage, or use chicken, pork or meatless sausage	3
1-1 1/2 lbs.	White roughy, cod, tilapia, or other mild white fish fillets	2

Refrigerated/Frozen

1/4 cup	Shredded Parmesan cheese	Opt.-2
2-2 1/2 cups	Crumbled feta cheese	3S, Opt.-3&5
1/2 cup	Diced or shredded Monterey Jack or Cheddar cheese	4
3 Tbsp.	Nonfat sour cream	4
8-10	Corn tortillas	4S
1/4 cup	Orange juice	Opt.-2S

Produce

1/4	Red onion or red bell pepper	4
2	Shallots	1
3/4	Red onion	2, 3S
1	Yellow onion	3
1	Red bell pepper	2
1	Green, red, or yellow pepper	3
2	Tomatoes	3S
3	Medium to large beets	2S
1 head	Romaine lettuce	4
1/3 cup	Fresh mint and/or parsley	5
2 Tbsp.	Fresh oregano	3S
1 cup	Corn kernels, fresh, frozen or canned	4
2	Zucchini	1S, 2
2	Cucumbers	3S
1	Medium eggplant	5
8 oz.	Sliced mushrooms	1
1 1/2	Avocados	4
1	Lemon	2
1-2	Limes	4

Shelved Items

4	Whole wheat or white pita pockets (get the softest and freshest type you can find)	3
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	Opt.-2S
1-2 cups	Canned black beans	4
15 oz.	Canned chickpeas (garbanzo beans)	5
1 cup	Salsa	Opt.-4S
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):

- 1) Chicken Tricolore
- 1S) Corn on the Cob
- 2) Yummi Yummi Mahi Mahi
- 2S) Chopped Cucumber and Avocado Salad & Sourdough Bread
- 3) Ultimate Juicy Turkey Burgers
- 3S) Sweet Potato Fries & Watermelon
- 4) Lemon Basil Summer Pasta Salad
- 4S) Whole Grain Bread
- 5) Costa Rican Black Beans and Rice
- 5S) Whole Wheat or Corn Tortillas

S = used in side dish for the corresponding recipe

Staples (things you may have)

- | | | |
|------------|--------------------------------|------------|
| 1-2 tsp. | Butter or margarine | 1S |
| 5 Tbsp. + | Olive oil | 1, 2, 4, 5 |
| 1/4 cup | | |
| 1 Tbsp. | Vegetable oil | 3 |
| 2 Tbsp. | Vegetable or peanut oil | 3S |
| 4 1/2 tsp. | Minced garlic | 1, 2, 5 |
| 1/2 tsp. | Balsamic vinegar | 2S |
| 1/2 cup | Ketchup | Opt.-3S |
| 2 Tbsp. | Worcestershire or hoisin sauce | 3 |
| 2 Tbsp. | Worcestershire sauce | 5 |

Spices

- | | | |
|------------------|--------------|--------------|
| 1 1/2-1 3/4 tsp. | Salt | 1S, 2, 3S, 4 |
| 3/8 tsp. | Black pepper | 1, 2 |
| 1/2 tsp. | Kosher salt | 1 |
| 3/4 tsp. | Chili powder | Opt.-1S & 3S |
| 1/2 tsp. | Curry powder | 5 |
| 1 tsp. | Ground cumin | 5 |

Other Necessities (List Your Own Here)

Ingredients (cross off things you already have)

Meat and Fish

- | | | |
|-------|---|---|
| 1 | Whole chicken, cut up | 1 |
| 1 lb. | Lean ground turkey (not ground turkey breast) | 3 |
| 1 lb. | Skinless mahi mahi fillets (or use other firm white fish or boneless chicken breasts) | 2 |

Refrigerated/Frozen

- | | | |
|---------|------------------------------------|----|
| 1 Tbsp. | Crumbled Gorgonzola or blue cheese | 2S |
| 8 oz. | Fresh mozzarella cheese | 4 |
| 4-8 | Whole wheat or corn tortillas | 5S |

Produce

- | | | |
|---------|-----------------------------------|-------------|
| 1-2 | Garlic cloves | 4 |
| 1 | Small yellow or white onion | 5 |
| 1/4 | Yellow onion | 2 |
| 1 | Green bell pepper | 5 |
| 1 pint | Grape or cherry tomatoes | 1 |
| 3 | Tomatoes | 2, 3 |
| 6 | Plum or Roma tomatoes | 4 |
| 4 | Leaves iceberg or romaine lettuce | 3 |
| 1/2 cup | Fresh cilantro | Opt.-5 |
| 1/2 cup | Fresh parsley | 1 |
| 1/2 cup | Fresh flat-leaf parsley | 2 |
| 20 | Fresh basil leaves | 4 |
| 4-6 | Ears fresh corn | 1S |
| 1 | Cucumber | 2S |
| 2 | Medium sweet potatoes | 3S |
| 2 | Avocados | 2S |
| 1 1/2 | Limes | Opt.-1S & 5 |
| 2 1/8 | Lemons | 1, 2, 2S, 4 |
| 1 | Watermelon | 3S |

Shelved Items

- | | | |
|---------|---------------------------|--------|
| 1 | Loaf sourdough bread | 2S |
| 4 | Whole wheat buns | Opt.-3 |
| 1 | Loaf whole grain bread | 4S |
| 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 |

The Six O'Clock Scramble, Summer Week 5

Grocery List

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

Recipe Cross Reference (numbers to right of ingredient):

- 1) Chicken Parmesan with Garden Herbs
- 1S) Whipped Potatoes
- 2) Asian Shrimp Pilaf
- 2S) Cantaloupe & Sugar Snap Peas with Cashews
- 3) Italian Caprese Sandwiches
- 3S) Spinach Salad With Strawberries and Slivered Almonds
- 4) Classic Spinach Salad with Turkey Bacon
- 4S) Whole Grain Bread
- 5) Golden Tofu (or Chicken) with Ginger and Peppers
- 5S) White or Brown Rice & Orange-ginger Glazed Carrots

S = used in side dish for the corresponding recipe

Staples (things you may have)

2 Tbsp.	Butter or margarine	1S
2 Tbsp.	Olive oil	2S, 5S
2 tsp.	Sesame oil	2
2 Tbsp.	Vegetable oil	5
1 1/2 tsp.	Minced garlic	2, 5
3/4 cup	Flour	1
3/4 cup	Bread crumbs or panko	1
1 Tbsp. + 2 tsp.	Honey	2, 5S
1 tsp.	Sugar (superfine if possible)	5
3 Tbsp.	Reduced-sodium soy sauce	2, 5
2-4 Tbsp.	Vinaigrette dressing	3S
3-4	Eggs	1, 4
1/2 cup	Nonfat or low fat milk	1S

Spices

1 1/2 tsp.	Salt	1, 1S
1/4 tsp.	Ground ginger	5S

Other Necessities (List Your Own Here)

Ingredients (cross off things you already have)

Meat and Fish

1 1/2 lbs.	Chicken cutlets or boneless, skinless chicken breasts	1
8 oz.	Turkey bacon, preferably nitrite-free	4
1 lb.	Large shrimp, peeled and deveined	2
1 lb.	Extra-firm tofu packed in water	5

Refrigerated/Frozen

1/4 cup	Grated Parmesan cheese	1
1/3 cup	Shredded part-skim mozzarella cheese	1
12 oz.	Fresh mozzarella cheese	3
1/4-1/3 cup	Crumbled blue cheese	4
1/4 cup	Orange juice	5S

Produce

1/2	Small yellow onion	5
1	Garlic clove	1S
2-3	Scallions	2
1/2	Yellow or white onion	Opt.-3
1/4	Red or yellow onion	4
1 + 1 lb.	Large carrots	2, 5S
1	Red or yellow bell pepper	5
1/2	Red bell pepper	2
1 cup	Cherry tomatoes	4
2-3	Tomatoes	3
12-18 oz.	Baby spinach	3S, 4
1 tsp.	Fresh or dried dill	Opt.-5S
1/2 tsp.	Fresh thyme	1S
2 Tbsp.	Fresh basil and sage leaves	1
10	Fresh basil leaves	3
1 cup	Snow peas	5
8 oz.	Sugar snap peas	2S
2 lbs.	Yukon Gold or white potatoes	1S
1 cup	Sliced mushrooms	4
2 tsp.	Fresh ginger	5
1/8	Lemon	5S
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	5S
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

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

Recipe Cross Reference (numbers to right of ingredient):

- 1)** Sweet Harvest Baked Chicken
1S) Steamed Broccoli Tossed with Olive Oil and Grated Parmesan Cheese & Wild Rice
2) Seared Salmon with Orange-Rosemary Sauce
2S) Roasted Parsnips (or Carrots) & Bulgur Pilaf with Grapes and Pecans
3) Warm Pasta Salad with Arugula or Spinach
3S) Italian Cauliflower & Strawberry Banana Smoothie
4) Portobello Mushroom, Caramelized Onion and Goat Cheese Pizza
4S) Green Salad with Apples, Goat Cheese, Pecans, and Light Honey Vinaigrette
5) Creamy Potato Leek Soup
5S) Green Salad With Carrots, Avocado And Goat Or Feta Cheese & Sourdough Bread

S = used in sidedish for the corresponding recipe

Staples (things you may have)

- | | | |
|------------|-------------------------|---------------------|
| 3-4 Tbsp. | Butter or margarine | 3S, 5 |
| 9-10 Tbsp. | Olive oil | 1S, 2, 2S, 3, 4, 4S |
| 1/4 cup | Canola or vegetable oil | 1 |
| 2 1/2 tsp. | Minced garlic | 4S, 5 |
| 2 Tbsp. + | Honey | 1, 4S |
| 1/2 cup | | |
| 2 Tbsp. | Bread crumbs | 3S |
| 1/4 cup | White wine | 1 |
| 1 Tbsp. + | Balsamic vinegar | 2, 3 |
| 1 tsp. | | |
| 1/4 cup | Red wine vinegar | 4S |
| 3-6 Tbsp. | Vinaigrette dressing | 5S, Opt.-1S |

Spices

- | | | |
|--------------|----------------|---------------|
| 5/8-3/4 tsp. | Salt | 2, 4S, Opt.-3 |
| 3/4-7/8 tsp. | Black pepper | 2, 2S, 4S, 5 |
| 1/4 tsp. | Kosher salt | 2S |
| 2 tsp. | Dried tarragon | 1 |
| 1 tsp. | Dried basil | 4 |
| 1 tsp. | Dried oregano | 4 |

Other Necessities (List Your Own Here)

Ingredients (cross off things you already have)

Meat and Fish

- | | | |
|------------|---|--------|
| 1 | Whole chicken, cut-up or use 8 - 12 chicken pieces of your choice | 1 |
| 2 | Strips bacon (turkey, pork or meatless) | Opt.-5 |
| 1 1/2 lbs. | Salmon fillet | 2 |

Refrigerated/Frozen

- | | | |
|-----------------|---|--------|
| 2-3 Tbsp. | Grated Parmesan cheese | 1S, 3S |
| 1/4 cup + 4 oz. | Goat or feta cheese, crumbled | 3, 4S |
| 2-4 oz. | Crumbled goat cheese or fresh or shredded mozzarella cheese | 4 |
| 2-4 Tbsp. | Feta cheese or goat cheese | 5S |
| 1 cup | Nonfat or low fat vanilla yogurt | 3S |
| 1 cup | Orange juice | 3S |

Produce

- | | | |
|-------------|-------------------------------|---------------|
| 2 | Small yellow onion | 4 |
| 1/2 | Yellow onion | 1 |
| 1/4 cup | Chives or scallions | Opt.-5 |
| 1/4 | Yellow or white onion | 2, 4S |
| 1 | Carrot | 5S |
| 2 | Leeks | 5 |
| 2 | Large carrots | 1 |
| 4 | Plum or Roma tomatoes | 3 |
| 2 | Small heads lettuce | 3S, 5S |
| 1 | Bunch arugula or baby spinach | 3 |
| 10 | Fresh basil or mint leaves | 3 |
| 1 Tbsp. | Fresh or dried rosemary | 2 |
| 1 Tbsp. | Fresh flat-leaf parsley | Opt.-3S |
| 1 lb. | Broccoli | 1S |
| 1 | Head cauliflower | 3S |
| 1 lb. | Baking potato(es) | 5 |
| 1 lb. | Parsnips or large carrots | 2S |
| 6 oz. | Portobello mushroom caps | 4 |
| 1/2-1 | Avocado | 5S |
| 1 | Apple or pear | 4S |
| 1/4 cup | Seedless grapes | 2S |
| 1 3/8-1 1/2 | Lemons | 2, 4S, Opt.-5 |
| 1-2 | Juicing oranges | 2 |
| 2 | Bananas | 3S |
| 2 cups | Strawberries, fresh or frozen | 3S |

Shelved Items

- | | | |
|---------------------|--|-----------------|
| 2 | Whole wheat or white thin pre-baked pizza crusts, such as Boboli | 4 |
| 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 | Opt.-1S |
| 3-4 Tbsp. + 1/4 cup | Pecans | 2S, 4S, Opt.-1S |
| 1/2 cup | Dried apricots | 1 |
| 1/3 cup | Pitted prunes | 1 |

The Six O'Clock Scramble, Fall Week 2

Grocery List

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

Recipe Cross Reference (numbers to right of ingredient):

- 1) Rosemary-Garlic Pork Roast with Whipped Sweet Potatoes
- 1S) Green Salad with Shredded Red Cabbage, Blue Cheese and Walnuts
- 2) Brazilian Halibut with Coconut-Lime Sauce
- 2S) Couscous & Steamed Broccoli
- 3) Philadelphia Cheese Steaks
- 3S) Tropical Smoothie
- 4) Baked Risotto with Spinach and Cremini Mushrooms
- 4S) Maple Butternut Squash
- 5) Delectable Sweet and Sour Tofu
- 5S) Sesame Stir-fried Broccoli & Brown or White Rice

S = used in side dish for the corresponding recipe

Staples (things you may have)

1-2 Tbsp.	Butter or margarine	1
2 Tbsp.	Butter	4S
8 1/2	Olive oil	1, 2, 3, 4
Tbsp.		
1 Tbsp.	Sesame oil	5S
1 Tbsp.	Vegetable or peanut oil	5
5-6 tsp.	Minced garlic	1, 2, 5S
1-2 Tbsp.	Pure maple syrup or brown sugar	1
1-2 Tbsp.	Pure maple syrup	4S
1/4 cup	Ketchup	Opt.-3
2 Tbsp.	Reduced-sodium soy sauce	5, 5S
1/2 cup	Nonfat or low fat milk	1
2 tsp.	Hot pepper sauce (such as Tabasco)	Opt.-3

Spices

7/8 tsp.	Black pepper	1, Opt.-2S
1/2 tsp.	Kosher salt	1
1 1/8 tsp.	Salt	2, Opt.-2S & 4S
1 tsp.	Salt-free lemon pepper seasoning	4, 5, Opt.-2S

Other Necessities (List Your Own Here)

Ingredients (cross off things you already have)

Meat and Fish

1 1/2-2 lbs.	Boneless pork loin roast or pork tenderloin (or use bone-in chicken pieces)	1
1 1/2 lbs.	Sliced roast beef (such as all-natural Applegate Farms)	3
1 1/2 lbs.	Halibut fillet, skin removed, cut into 1-inch chunks (have the market do this, if possible) or use other thick white fish or boneless chicken breast	2
1 lb.	Extra-firm tofu packed in water	5

Refrigerated/Frozen

3 Tbsp.	Crumbled blue cheese or Gorgonzola cheese	1S
6	Slices provolone cheese	3
1 cup	Shredded or grated Parmesan cheese	4
1 cup	Nonfat vanilla yogurt	3S
2 cups	Mango, frozen or fresh	3S
1 cup	Orange juice	3S

Produce

1	Small yellow onion	2
3	Yellow onions	3, 4
1	Yellow bell pepper	2
2	Medium bell peppers (any color)	3
1	Tomato	2
1	Head lettuce	1S
1/8	Head red/purple cabbage	1S
6 oz.	Baby spinach	4
1 Tbsp.	Fresh or dried rosemary	1
1-1 1/2 lbs.	Butternut squash	4S
lbs.		
1-2 heads + 1 lb.	Broccoli	2S, 5S
2 1/2 lbs.	Sweet potato	1
8 oz.	Sliced cremini or baby bella mushrooms	4
1	Juicing orange	5
2	Limes	2, 5
2	Bananas	3S

Shelved Items

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 Asian foods)	2
2-4 Tbsp.	Balsamic vinaigrette dressing	1S
1 Tbsp.	Sherry	Opt.-4
1 Tbsp.	Asian sweet chili sauce (also called Mae Ploy)	5
3 Tbsp.	Walnuts	1S

The Six O'Clock Scramble, Fall Week 3

Grocery List

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

Recipe Cross Reference (numbers to right of ingredient):

- 1) Flawless Roast Chicken with Sweet Onions
- 1S) Caramelized Brussels Sprouts & Egg Noodles
- 2) Broiled White Fish with Lemon, Tomatoes and Olives
- 2S) Whole Grain Bread & Steamed Green Beans
- 3) Sausage and Cabbage Sauté with Tart Apples
- 3S) Garlic Cheese Bread
- 4) Tortellini Soup with Spinach and Tomatoes
- 4S) Warm Italian Bread & Carrot and Apple Salad
- 5) Baked Green Chile Chimichangas
- 5S) Fruit Kabobs

S = used in side dish for the corresponding recipe

Staples (things you may have)

- | | | |
|-------------|---------------------|-----------------|
| 2 Tbsp. | Butter or margarine | 3S |
| 8-9 Tbsp. + | Olive oil | 1, 1S, 2, 3, 4, |
| 1/4 cup + | | Opt.-4S, 5 |
| 1 tsp. | | |
| 3 tsp. | Minced garlic | 1S, 2, 4 |
| 2 tsp. | Balsamic vinegar | 1S |

Spices

- | | | |
|--------------|---------------|-------------------------|
| 1 tsp. | Salt | 1S, 2, 3, Opt.-2S |
| 1 3/4 tsp. | Black pepper | 1, 1S, 2, 3, 4, Opt.-2S |
| 1 tsp. | Kosher salt | 1 |
| 1/2 tsp. | Dried basil | 4 |
| 1/2 tsp. | Dried oregano | 4 |
| 1/4-1/2 tsp. | Garlic powder | 3S |

Other Necessities (List Your Own Here)

Ingredients (cross off things you already have)

Meat and Fish

- | | | |
|--------|--|---|
| 1 | Whole roasting chicken, 5-6 lbs. | 1 |
| 12 oz. | Pre-cooked turkey kielbasa sausage | 3 |
| 1 lb. | Walleye, bluefish, catfish or other thick white fish fillets | 2 |

Refrigerated/Frozen

- | | | |
|------------|--|---------|
| 1/2 cup | Part-skim shredded mozzarella cheese | 3S |
| 1/4 cup | Shredded Parmesan cheese | 4 |
| 1 1/2 cups | Shredded Monterey Jack, Pepper Jack, or Cheddar cheese | 5 |
| 1 cup | Nonfat vanilla yogurt | Opt.-5S |
| 9 oz. | Whole wheat or regular cheese tortellini | 5 |
| 8 | Large (burrito size) whole wheat or flour tortillas | 5 |
| 1 Tbsp. | Orange juice | 4S |

Produce

- | | | |
|----------|---|-------------------|
| 1/2 | Yellow onion | 1S |
| 1 | Large yellow onion | 1 |
| 1/2 | Yellow or white onion | 3 |
| 1/2 | Red or yellow onion | 5 |
| 3 | Large carrots | 4S |
| 1 cup | Cherry tomatoes | 2 |
| 1 pint | Grape or cherry tomatoes | 5 |
| 1/2 | Head red/purple cabbage | 3 |
| 3 cups | Baby spinach | 4 |
| 1 lb. | Brussels sprouts | 1S |
| 1 lb. | Green beans, fresh or frozen | 2S |
| 3 1/2 | Lemons | 1, 2, 4S, Opt.-2S |
| 1 | Granny Smith or other tart apple | 3 |
| 2 | Apples | 4S |
| 6-8 cups | Cups mixed fruit, such as strawberries, bananas, blueberries, grapes, melon, and/or pineapple | 5S |

Shelved Items

- | | | |
|-----------|--|----|
| 1 | Loaf whole grain bread | 2S |
| 1 | Large sub roll (or 3 whole wheat pita pockets) | 3S |
| 1 | Loaf Italian bread | 4S |
| 12-16 oz. | Egg noodles | 1S |
| 1/2 cup | Quinoa (or use quick-cooking brown rice or regular white rice) | 5 |
| 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 salsa (salsa verde) | 5 |
| 1 Tbsp. | Apple cider vinegar | 3 |
| 15-20 | Colorful toothpicks or wooden skewers | 5S |

The Six O'Clock Scramble, Fall Week 4

Grocery List

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

Recipe Cross Reference (numbers to right of ingredient):

- 1) Hearty Beef Stew
- 1S) Whole Grain Bread
- 2) Santa Barbara Salad with Apples, Dates and Goat Cheese
- 2S) French Bread
- 3) Chili Rubbed Salmon
- 3S) Roasted Fingerling Potatoes
- 4) Linguine with Basil and Clams
- 4S) Green Salad With Carrots, Red Bell Peppers, Walnuts and Parmesan Cheese
- 5) Three-Cheese Eggplant Melt
- 5S) Sourdough Bread & Green Beans Almondine

S = used in side dish for the corresponding recipe

Staples (things you may have)

- | | | |
|-----------|-------------------------------|-------------|
| 1 Tbsp. | Butter or margarine | 5S |
| 2 Tbsp. | Vegetable oil | 1 |
| 4 Tbsp. + | Olive oil | 2, 3, 3S, 4 |
| 1/4 cup | | |
| 3/4 cup | Flour | 1, 5 |
| 1 Tbsp. | Sugar | 4 |
| 1 Tbsp. | Worcestershire sauce | 1 |
| 1/8 cup | Raspberry or balsamic vinegar | 2 |
| 2-4 Tbsp. | Vinaigrette dressing | 4S |
| 1 | Egg | 5 |

Spices

- | | | |
|--------------|-------------------------|-------|
| 3/8 tsp. | black pepper | 3, 4 |
| 1/2 tsp. | Kosher salt | 3, 3S |
| 1 tsp. | Dried thyme | 1 |
| 3/4 tsp. | Dried oregano | 3 |
| 1/4-1/2 tsp. | Dried or fresh rosemary | 3S |
| 1/4 tsp. | Cinnamon | 2 |
| 1/2-3/4 tsp. | Garlic powder | 3S, 5 |
| 1 tsp. | Chili powder | 3 |

Other Necessities (List Your Own Here)

Ingredients (cross off things you already have)

Meat and Fish

- | | | |
|------------|---|---|
| 1 1/2 cups | Cooked chicken strips or canned chickpeas | 2 |
| 1 1/2 lbs. | Beef chuck, cut into 1-inch cubes | 1 |
| 1 1/2 lbs. | Salmon fillet, preferably wild salmon | 3 |

Refrigerated/Frozen

- | | | |
|--------------|---|-------|
| 1/3 cup | Crumbled goat cheese | 2 |
| 2 Tbsp. + | Grated Parmesan cheese | 4, 4S |
| 1/4 cup | | |
| 1 cup | Part-skim shredded mozzarella cheese | 5 |
| 2 Tbsp. | Grated or shredded Parmesan cheese | 5 |
| 1-1 1/2 cups | Nonfat or low fat ricotta or cottage cheese | 5 |

Produce

- | | | |
|--------------|-------------------------------------|---------|
| 1 | Yellow or white onion | 1 |
| 3-4 | Shallots | 2, 4 |
| 3 | Large carrots | 1 |
| 1 cup | Shredded (matchstick cut) carrots | 4S |
| 1/2 | Red bell pepper | 4S |
| 1 pint | Grape or cherry tomatoes | 2 |
| 6 oz. | Baby greens | 2 |
| 1 | Small head lettuce | 4S |
| 2 Tbsp. | Fresh basil | 4 |
| 1 lb. | Green beans | 5S |
| 1 | Medium to large eggplant | 5 |
| 3 | Red potatoes | 1 |
| 1-1 1/2 lbs. | Fingerling potatoes or new potatoes | 3S |
| 1 | Apple, such as Gala or Fuji | 2 |
| 4 | Dates | 2 |
| 1/4 | Lemon | Opt.-5S |

Shelved Items

- | | | |
|---------|---|----|
| 1 | Loaf whole grain bread | 1S |
| 1 | Loaf French bread | 2S |
| 1 | Loaf sourdough bread | 5S |
| 1 cup | Whole wheat or white panko bread crumbs | 5 |
| 16 oz. | Linguine | 4 |
| 8 oz. | Tomato sauce | 1 |
| 28 oz. | Crushed tomatoes | 4 |
| 1 cup | Tomato sauce or red pasta sauce | 5 |
| 1 cup | Reduced-sodium beef broth | 1 |
| 14 oz. | Hearts of palm or artichoke hearts | 4 |
| 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

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

Recipe Cross Reference (numbers to right of ingredient):

- 1) Chicken Thighs with Roasted Red Peppers and Black Olives
- 1S) Roasted Acorn Squash & Orzo (or Israeli Couscous)
- 2) Pasta Shells with Zucchini, Leeks and Melted Cheese
- 2S) Green Salad With Sliced Pear, Pecans, and Gorgonzola Cheese
- 3) Greek Rice Bowl with Spinach, Feta and Pine Nuts
- 3S) Greek Olives
- 4) Danish Egg Salad Sandwiches with Smoked Salmon
- 4S) Celery Sticks with Boursin Cheese
- 5) Mexican Confetti Casserole
- 5S) Green Salad With Grapes, Pistachio Nuts, and Maple-Dijon Dressing

S = used in side dish for the corresponding recipe

Staples (things you may have)

- | | | |
|-----------|----------------------|-------------|
| 2-3 Tbsp. | Butter or margarine | 1S |
| 4 Tbsp. + | Olive oil | 1, 2, 3, 5S |
| 1/4 cup | | |
| 1/2 tsp. | Minced garlic | 3 |
| 1-2 tsp. | Brown sugar | 1S |
| 3 Tbsp. | Mayonnaise | 4 |
| 1 Tbsp. | Pure maple syrup | 5S |
| 1 tsp. | Dijon mustard | 5S |
| 1/8 cup | Balsamic vinegar | 5S |
| 2-4 Tbsp. | Vinaigrette dressing | 2S |
| 6 | Eggs | 4 |

Spices

- | | | |
|--------------|---------------------------|---------|
| 5/8-3/4 tsp. | Salt | 1, 2, 3 |
| 1/4 tsp. | Black pepper | 2, 3 |
| 1/4 tsp. | Dried oregano | 1 |
| 1 tsp. | Dried thyme | 1 |
| 1/2 tsp. | Paprika | 1 |
| 1/2 tsp. | Ground cumin | 5 |
| 1/4 tsp. | Crushed red pepper flakes | Opt.-2 |
| 1/4 tsp. | Herbes de Provence | 5S |

Other Necessities (List Your Own Here)

Ingredients (cross off things you already have)

Meat and Fish

- | | | |
|--------|---|---|
| 2 lbs. | Boneless skinless chicken thighs | 1 |
| 1 lb. | Ground turkey, beef or vegetarian ground meat | 5 |
| 4 oz. | Smoked salmon | 4 |

Refrigerated/Frozen

- | | | |
|------------|--|----|
| 1/4 cup | Gorgonzola or blue cheese | 2S |
| 1 cup | Crumbled goat (chevre), feta cheese, or shredded mozzarella cheese | 2 |
| 1 cup | Crumbled feta cheese | 3 |
| 1 pkg. | Boursin Light herbed cheese | 4S |
| 1 1/2 cups | Shredded Cheddar or Monterey Jack cheese | 5 |
| 1/4 cup | Plain nonfat or low fat yogurt or sour cream | 4 |

Produce

- | | | |
|-----------|---|--------|
| 1/2 | Small red onion | 4 |
| 6-7 | Leeks | 1, 2 |
| 1 | Red bell pepper | 5 |
| 1 | Green bell pepper | 5 |
| 8-10 | Stalks celery | 4, 4S |
| 12-18 oz. | Baby spinach | 3 |
| 1 - 2 | Heads lettuce | 2S, 5S |
| 3 Tbsp. | Fresh herbs, such as basil, oregano or sage | 2 |
| 1 Tbsp. | Fresh dill | 4 |
| 1-2 | Acorn squash | 1S |
| 2 | Zucchini | 2 |
| 3/4 | Lemon | 1, 3 |
| 2 | Pears | 2S |
| 1/2 cup | Seedless grapes | 5S |

Shelved Items

- | | | |
|------------|---|--------|
| 6 | French or ciabatta rolls | 4 |
| 12-16 oz. | Orzo or Israeli (large grain) couscous | 1S |
| 16 oz. | Small pasta shells (conchiglie) or cavatelli | 2 |
| 1 1/2 cups | White or quick-cooking brown rice | 3 |
| 15 oz. | Diced tomatoes | 5 |
| 15 oz. | Corn kernels, naturally sweetened | 5 |
| 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 sundried tomatoes, drained, or sliced pancetta | Opt.-2 |
| 1 cup | Greek olives | 3S |
| 1 Tbsp. | Capers | Opt.-4 |
| 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 | Raisins or currants | Opt.-3 |