

Week 7 Shopping List...

Dry Goods

kosher Salt
pepper
olive oil (extra virgin preferred)
kalamta olives
basmati rice
brown rice
wild riece
chili flakes
dijon mustard
grain mustard
white tuna
capers
gherkins
roasted peppers
white wine vinegar
rice wine vinegar
balsamic vinegar
white beans
black beans

Proteins

4 6 oz. Salmon Filets
4 5 oz. Swordfish steaks
4 6 oz. filets of Mahi mahi
12 boneless, skinless chicken breasts
16 large shrimp
16 large scallops
4 pieces veal scallopini
10.oz. ground veal

Produce

Lemon 5
Limes 2
Carrots 6
Garlic 3
Tomatoes 10
Shallot 5
Asparagus 1 bunch
Cucumber 2
Broccoli 1
Onion 4
Red Onion 2
Green Zucchini 4
Portabella Mushroom 3
White Mushroom (large) 12
Spinach (2 bag)
Escarole 1
Eggplant 2
Fennel 1
Snow or Snap Peas _ lb.
Green Beans 1 lb.
Wax Beans 1 lb.

Herbs

1 bunch rosemary
2 bunch basil (2 if they are large)
1 bunch thyme
4 bunches parsley
1 bunch tarragon
1 bunch oregano (dried is an option)