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■ MEATS

Chicken breasts w/ skin, bone in (4)
(1 3/4 lb or 800 g)
Chicken cutlets (1 1/3 lb or 600 g)
Ground beef, extra-lean
(2 1/2 lb or 1125 g) for 2 meals
Bacon bits (optional for Spinach Salad)

■ DAIRY

Butter
Egg (1)
Cottage cheese, 1% (1/2 cup)
Feta cheese, light, crumbled (1/3 cup)
Ricotta cheese (1 cup)
Parmesan cheese, light grated (1/4 cup)
Mozzarella cheese, part-skim, shredded (1/2 cup)
Cambozola cheese or cream cheese (for Burgers)

■ PRODUCE

Fresh ginger (from a jar)
Fresh garlic (from a jar)
Baby carrots (3 cups) for 2 meals
Celery ribs (2)
Asparagus spears (20)
Green onions (1 bunch)
Cauliflower (for Italian Tossed Veggies)
Red bell pepper
Cucumber, English
Onion, small or onion flakes (for Tangy Meatballs)
Red onion
Shallot
Lettuce (2 cups for Burgers)
Romaine lettuce, 1 bag (6 oz or 170 g)
Tomatoes (2)
Cherry tomatoes (8-12)
Baby potatoes (20) or 4 large potatoes
Snap peas (5 cups) for 3 meals
Zucchini, small
Cilantro (optional for Ginger Beef)

■ BAKERY

Hamburger buns, multigrain (6)

■ SPICES

Cayenne or chipotle pepper
(optional for Burger coating)
Celery salt
Original, all purpose seasoning, salt-free
Paprika
Hot chili flakes
Pepper

■ BAKING GOODS

Canola oil
Olive oil, extra-virgin
Sesame oil
Vinegar
Rice vinegar
Brown sugar

■ HELPERS

Apricot jam (or use fig or peach jam)
Basil pesto (found near pasta sauces)
1 can tomato-basil pasta sauce (24 fl oz or 680 mL)
choose a lower sodium brand
1 can tomato paste (5 1/2 fl oz or 156 mL)
choose a lower sodium brand
Mayonnaise, light
Worcestershire sauce
Soy sauce, reduced-sodium
Sweet chili sauce (1/4 cup)
Red pepper jelly (or use apple jelly) (for Burgers)
found near gourmet condiments
Caesar salad dressing, light (for Caesar Salad & for Dip)
or you can use ranch
Italian dressing, light

■ FROZEN FOODS

Chopped spinach (3 1/2 oz or 100 g)

■ OTHER

Waxed paper
Parchment paper
Paper towel
Large freezer bag

■ DRY ESSENTIALS

Basmati or white rice (1 1/2 cups)
Croutons (optional for Spinach Salad)
Cornflake crumbs (found near coating mixes)
Pasta shells, 24 large (8 oz or 225 g)
(also named conchiglioni rigati)
Egg noodles, broad (3/4 lb or 340 g)