

# 1 List, 5 Meals ✓

Use our 30-ingredient or less shopping list to make meal planning easy.

---

## Fresh Produce

- 1 cup blackberries
- 1 pound broccoli rabe
- 1 five-inch cucumber
- 6 garlic cloves
- 3 lemons
- 1 lime
- 1 bunch parsley
- 2 cups raspberries
- 1 cup strawberries
- 2 pounds Idaho potatoes\*

## Canned Goods

- 1 small bottle capers
- 15 ounces fat-free, less-sodium chicken broth
- 15 ounces chickpeas (garbanzo beans)
- 20 ounces canned baby clams
- 8 ounces clam juice
- 15 ounces canned red salmon
- 1 small can black olives
- 1 bottle dry white wine

## Dairy

- 6 ounces plain, low-fat yogurt
- 18 ounces vanilla low-fat yogurt

## Pasta, Rice, and Grains

- 12 ounces dried spaghetti
- 1 extra-small container wheat germ

## Meat, Poultry, Seafood

- 4 six-ounce boneless, skinless chicken breast cutlets
- 2 1/2 pounds pork tenderloin
- 1 package center-cut bacon\*

## Freezer

- 4 frozen whole-grain waffles
- 1 package frozen carrots\*
- 1 package frozen green beans\*
- 1 package frozen new potatoes\*

## Breads

- 1 1/3 cups breadcrumbs

\*Optional Side Dishes: We included our suggested pairings, but feel free to substitute your family's favorite.

## Already in the Pantry

Butter	Hot sauce
Dijon mustard	Olive oil
Dried dill	Pepper
Ground cumin	Red wine vinegar
Eggs	Salt
Honey	Sugar
Hot chili flakes	Vegetable oil