



Dinners by Design | Healthier Eating Solutions for Modern Living.™

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Your Shopping list- "Healthy Creative" dinners

You already have a lot of these ingredients at home in your pantry so check them off before you go shopping.

* Be sure that you have all pots/pans/tools required for your recipes. You can use Stevia powder instead of straight sugar. Superstore has great prices on Chicken breast. Remember if you don't want an entree this time around, just refer to the right hand side of the list and omit the said entree's ingredients.

Baking Supplies

cornstarch	2 1/4 tablespoon(s)	Kung Pao Chicken with Broccoli
cornstarch	3 tablespoon(s)	Kung Pao Chicken with Broccoli
flour	1 1/2 tablespoon(s)	Curried Chicken
peanuts, salted	3/4 cup(s)	Kung Pao Chicken with Broccoli
sugar	6 tablespoon(s)	Kung Pao Chicken with Broccoli
sugar	2 teaspoon(s)	Penne with Herbed Lentil Sauce

Beverages

V-8 juice	2 1/2 cup(s)	Penne with Herbed Lentil Sauce
water	3 ounce(s)	Curried Chicken
water	1 cup(s)	Penne with Herbed Lentil Sauce

Breads

bread crumbs, dry	1/2 cup(s)	Zucchini Frittata
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Canned Vegetables

artichoke heart	6 ounce(s) quartered	Mediterranean Fresh Fish
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Cheeses

Feta cheese	3 ounce(s) crumbled	Mediterranean Fresh Fish
Parmesan cheese	1/4 cup(s) grated (for client)	Penne with Herbed Lentil Sauce
Parmesan cheese	2/3 cup(s) grated	Zucchini Frittata

Condiments

black olive, sliced	1/4 cup(s)	Mediterranean Fresh Fish
Tabasco pepper sauce	1/2 teaspoon(s)	Penne with Herbed Lentil Sauce

Dairy

butter	2 1/4 ounce(s)	Curried Chicken
butter	1 tablespoon(s)	Zucchini Frittata
egg	5 large beaten	Zucchini Frittata
milk	1/4 cup(s)	Zucchini Frittata

Fruits

lemon juice, fresh	1 tablespoon(s)	Mediterranean Fresh Fish
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Grains & Beans

lentils	3/4 cup(s) (green or brown)	Penne with Herbed Lentil Sauce
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Herbs & Spices

basil, dried	1 1/2 tablespoon(s) crushed	Penne with Herbed Lentil Sauce
basil, dried	1 teaspoon(s)	Zucchini Frittata
bay leaf	2	Penne with Herbed Lentil Sauce
black pepper, fresh ground	1/8 teaspoon(s)	Mediterranean Fresh Fish
curry powder	4 1/2 tablespoon(s)	Curried Chicken
oregano, dried	1/4 teaspoon(s)	Mediterranean Fresh Fish
oregano, dried	1/2 teaspoon(s)	Zucchini Frittata
pepper	1/2 teaspoon(s)	Zucchini Frittata

red chile, dried, whole	6 (or more if desired)	Kung Pao Chicken with Broccoli
salt	1 1/8 teaspoon(s)	Kung Pao Chicken with Broccoli
salt	1 1/2 teaspoon(s)	Zucchini Frittata
salt and pepper	to taste	Curried Chicken
white pepper	3/8 teaspoon(s)	Kung Pao Chicken with Broccoli

Liquor

dry sherry	2 1/4 tablespoon(s)	Kung Pao Chicken with Broccoli
dry sherry	3 tablespoon(s)	Kung Pao Chicken with Broccoli

Oils

oil	7 1/2 tablespoon(s) (divided use)	Kung Pao Chicken with Broccoli
olive oil	2 tablespoon(s)	Mediterranean Fresh Fish
olive oil	1 tablespoon(s)	Zucchini Frittata

Oriental

soy sauce	6 tablespoon(s)	Kung Pao Chicken with Broccoli
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Pasta

penne pasta	8 ounce(s) (for client)	Penne with Herbed Lentil Sauce
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Poultry

chicken breast, boneless, skinless	3 pound(s)	Curried Chicken
chicken breast, boneless, skinless	3 pound(s)	Kung Pao Chicken with Broccoli

Seafood

fresh fish	3/4 pound(s)	Mediterranean Fresh Fish
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Soups

chicken broth	3 cup(s)	Curried Chicken
chicken broth	9 tablespoon(s)	Kung Pao Chicken with Broccoli

Special Produce

garlic clove	3 minced	Kung Pao Chicken with Broccoli
garlic clove	1 minced	Mediterranean Fresh Fish
garlic clove	2 minced	Zucchini Frittata

ginger root	2 1/4 teaspoon(s) minced	Kung Pao Chicken with Broccoli
parsley, fresh	1 tablespoon(s) minced	Mediterranean Fresh Fish

Vegetables

broccoli	2 1/4 cup(s)	Kung Pao Chicken with Broccoli
celery	1/2 cup(s) chopped	Penne with Herbed Lentil Sauce
green onion	4 1/2 sliced	Kung Pao Chicken with Broccoli
onion	1 1/2 large chopped	Curried Chicken
onion	1 large sliced thin	Penne with Herbed Lentil Sauce
onion	1 diced	Zucchini Frittata
tomato	1 1/2 large chopped	Curried Chicken
tomato	1 medium ripe, diced	Mediterranean Fresh Fish
zucchini	3 grated	Zucchini Frittata

Vinegars

white wine vinegar	3 tablespoon(s)	Kung Pao Chicken with Broccoli
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