

Shopping List by Recipe: December Week #3

Recipe #1: Brussels Sprouts with Brown Rice • 1lb fresh Brussels sprouts • 4-6 Tbsp butter • ½ onion • 1 tsp lemon juice • ¼ cup slivered almonds • 4 cups cooked brown rice	Recipe #2: Tortellini with Eggplant and Peppers • 2 Tbsp olive oil • 1 medium eggplant • 2 bell peppers • 4 cloves garlic • ¼ tsp crushed red pepper • 3 cups vegetable broth • 1 lb cheese tortellini • ½ cup flat-leaf parsley • ½ cup grated parmesan
Recipe #3: Stir-Fried Tomato and Eggs • 4 eggs • 4 Tbsp canola oil • 3 cloves of garlic • 2 medium tomatoes • 1 tsp sugar • 1 scallion or 2 garlic chives	Recipe #4: Split pea soup • 3 cups dried split peas • 1 bay leaf • 1 tsp dry mustard • 2 cups minced onions • 4 medium garlic cloves • 3 stalks celery • 2 medium carrots • 1 potato • 1-4 tbsp balsamic vinegar (to taste)
Recipe #5: Easy lasagna • 1lb soft tofu • ½ cup grated parmesan • 2 eggs • 3 garlic cloves • 2 tsp dried basil • 39 oz pasta sauce • 8 oz no-boil lasagna noodles • 3 cups baby spinach • 2 cups mozzarella	

Entire Shopping List: December Week #3

Produce	Grains & Legumes
• 1lb fresh Brussels sprouts (#1) • ½ Onion (#1) • 1 lemon (#1) • 1 medium eggplant (#2) • 2 bell peppers (#2) • 14 garlic cloves (#2, #3, #5, #4) • ½ cup flat leaf parsley (#2) • 2 medium tomatoes (#3) • 2 garlic chives or 1 scallion (#3) • 3 cups baby spinach (#5) • 2 cups minced onions (#4) • 3 stalks celery (#4) • 2 medium carrots (#4) • 1 potato (#4)	• 4 cups brown rice (#1) • 3 cups dried split peas (#4) • s (#3) • s (#4) • s (#3) • s (#3) • s (#1) • s (#2) • s (#2) • s (#2) • s (#4)
Dairy	Canned Goods
• 4-6 Tbsp butter (#1) • 1 cup grated parmesan (#2, #5) • 1lb soft tofu (#1) • 2 cups mozzarella (#5) • s (#4) • s (#3) • s (#3) • s (#1) • s (#2) • s (#2) • s (#2) • s (#2) • s (#4)	• 39oz pasta sauce (#5) • s (#1) • s (#3) • s (#4) • s (#3) • s (#3) • s (#1) • s (#2) • s (#2) • s (#2) • s (#4)
Frozen Goods	Miscellaneous
• s (#1) • s (#5) • s (#1) • s (#3) • s (#4) • s (#3) • s (#3) • s (#1) • s (#2) • s (#2) • s (#2)	• ¼ cup slivered almonds (#1) • 1 tsp. lemon juice (#1) • 2 tbsp. olive oil (#2) • ¼ tsp. crushed red pepper (#2) • 3 cup vegetable broth (#2) • 1 lb cheese tortellini (#2) • 6 eggs (#3, #5) • 4 tbsp. canola oil (#3) • 2 tsp dried basil (#5) • 8 oz no-boil lasagna noodles (#5) • 1 bay leaf (#4)

• s (#4)	• 1 tsp dry mustard (#4) • 1-4 tbsp balsamic vinegar (#4)
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