

Menu

All Recipes Adjusted to Serve 4, Except Gumbo can Serve 6

Monday

Mediterranean Fish en Papillote
(Page 174)

Tuesday

Thai Basil Beef
(Page 79)

Wednesday

Chicken and Sausage Gumbo
(Page 143)

Thursday

Sichuan Chicken with String Beans
(Page 93)

Friday

Garam Masala-Rubbed Lamb Chops with
Simple Fennel and Arugula Salad
(Page 194)



Grocery List

PRODUCE

- | | | |
|--|---|--|
| <input type="checkbox"/> 16 Cloves Garlic | <input type="checkbox"/> 3 Celery Stalks | <input type="checkbox"/> 2 Heads of Cauliflower or 2 [16-oz] Riced Cauliflower |
| <input type="checkbox"/> 1 [1-inch] Piece Fresh Ginger | <input type="checkbox"/> 1 to 2 Thai Chiles | <input type="checkbox"/> 6 Cups Baby Arugula |
| <input type="checkbox"/> 1 Medium White Onion | <input type="checkbox"/> 3 1/2 oz Sliced Shiitake Mushrooms | <input type="checkbox"/> Fresh Oregano Leaves |
| <input type="checkbox"/> 1 Medium Yellow Onion | <input type="checkbox"/> 10 oz Haricots Verts (Sub Green Beans) | <input type="checkbox"/> Fresh Thai or Regular Basil |
| <input type="checkbox"/> 2 Small Fennel Bulbs | <input type="checkbox"/> 1 lb Green Beans | <input type="checkbox"/> Fresh Cilantro Leaves |
| <input type="checkbox"/> 1 Medium Red Bell Pepper | <input type="checkbox"/> 3 Lemons | <input type="checkbox"/> Fresh Flat-Leaf Parsley Leaves |
| <input type="checkbox"/> 1 Medium Green Bell Pepper | <input type="checkbox"/> 1 Cup Cherry Tomatoes | |

PANTRY ITEMS

- | | | |
|---|--|---|
| <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> Cayenne Pepper | <input type="checkbox"/> Kalamata Olives |
| <input type="checkbox"/> Avocado Oil (Sub Olive Oil) | <input type="checkbox"/> Garam Marsala | <input type="checkbox"/> Fish Sauce (I like Red Boat Brand) |
| <input type="checkbox"/> Toasted Sesame Oil | <input type="checkbox"/> Crushed Red Pepper Flakes | <input type="checkbox"/> Coconut Aminos (I like Big Tree Farms Brand) |
| <input type="checkbox"/> Rice Vinegar | <input type="checkbox"/> Sichuan Peppercorns | <input type="checkbox"/> 2 [32-oz] Cartons Low-Sodium Chicken Broth |
| <input type="checkbox"/> Kosher Salt | <input type="checkbox"/> Dried Thyme | <input type="checkbox"/> Tomato Paste |
| <input type="checkbox"/> Freshly Cracked Black Pepper | <input type="checkbox"/> Arrowroot Starch | <input type="checkbox"/> Pre-Cut Frozen Okra (2 Cups) |

PROTEINS

- | | | |
|---|---|---|
| <input type="checkbox"/> 2 Cups Shredded Chicken (Rotisserie or See Page 279) | <input type="checkbox"/> 16 Lamb Rib Chops (About 4 lb) | <input type="checkbox"/> 12 oz Cooked No-Sugar-Added Andouille or Kielbasa Sausage |
| <input type="checkbox"/> 2 lb Boneless, Skinless Chicken Breasts | <input type="checkbox"/> 1 1/2 lb Flank Steak | <input type="checkbox"/> 4 Fillets Petrale Sole (Or Other White Flaky Fish like Halibut, Cod, or Tilapia) |

