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## Shopping List

*Please buy organic when and if you can.*

4 cod fillets or other sturdy white fish  
2 eggs  
3-4 lb pot roast or top round roast – ask the butcher to tie it for you

### Dairy

8 ozs Brie cheese  
16 slices Provolone, cheddar or White American cheese

### Herbs: *Always check the fridge first*

1 bunch of tarragon, for 1 tablespoon minced

### Bakery

4 sub rolls

### Produce

2 onions  
2 red bell pepper  
1 pint cherry or grape tomatoes  
1 head garlic, for 4-5 cloves  
1 lb small Yukon Gold potatoes  
1 lb button mushrooms  
1 small red onion  
4 cups baby arugula

### Dry

2 ½ cups cornflake style cereal  
12 oz fusilli pasta – or your favorite shape

### Frozen

10 oz lima beans  
1 ½ cups corn

### Spices

Herbes de Provence or Italian seasoning, 1 tablespoon

### From Your Pantry

\*\*\*ALWAYS CHECK THIS LIST – IT CHANGES\*\*\*

Olive oil, ½ cup  
Vegetable oil, 1 cup  
All purpose flour, ½ cup  
Milk, 1/3 cup  
Dry white wine, ½ cup  
Ketchup  
Mustard  
Butter, unsalted, 4 tablespoons  
Salt, Kosher  
Pepper