



Shopping List

Meat

- 12 ounces extra-lean ground beef (93% lean)

Canned/Jarred

- 1 (25 oz) jar lower-sodium marinara sauce
- 3 tablespoons fat-free mayonnaise
- 3/4 cup pitted black olives
- 3/4 cup pickled pepperoncini

Bread/Grain

- 1 (4.5 oz) package seasoned croutons
- 1 baguette or French bread
- 9 lasagna noodles

Dairy/Refrigerator Section

- 2 cups heavy cream
- 1 cup half and half
- 3 ounces grated parmesan cheese
- 2 1/2 cups ricotta cheese
- 8 ounces part-skim mozzarella cheese, shredded
- 1 1/2 tablespoons unsalted butter
- 1/2 cup (1 stick) butter
- 1 large egg
- 8 ounces cream cheese

Produce

- 2 cups fresh fruit like strawberries (or your favorite berry)
- 10 ounces salad mix
- 1/2 cup thinly sliced red onion
- 2 plum tomatoes, sliced
- 1 tablespoon fresh lemon juice
- 1 bunch fresh parsley, chopped
- 1 tablespoon finely chopped fresh oregano
- 10 garlic cloves

Spices/Baking

- 4 teaspoons vanilla extract
- 1 envelope unflavored gelatin
- 1/3 cup plus 1 1/2 teaspoons granulated sugar
- 1/2 teaspoon Italian seasoning
- 1 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon crushed red pepper
- 1 teaspoon kosher salt
- 1/4 cup extra-virgin olive oil
- 1 cup powdered sugar
- 2/3 cup mini chocolate chips, plus more for optional topping
- 1 tablespoon white wine vinegar
- 1 box mini waffle cones



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