

THE SHOPPING LIST

GROCERY BAG: FIVE INGREDIENTS OR LESS

PRODUCE

- 3 to 4 bunches flat-leaf spinach (2 1/2 pounds total)
- 2 lemons
- 2 bunches asparagus (2 pounds total)
- 1 bunch fresh chives

MEAT/POULTRY/FISH

- 4 skinless cod fillets (6 to 8 ounces each)
- 4 thin slices prosciutto
- 8 loin lamb chops (about 2 pounds total)
- 1 1/2 pounds London broil
- 4 whole chicken legs (about 3 pounds total)

MISCELLANEOUS

- 1 small log soft goat cheese (5 ounces)
- 1/2 cup shelled pistachios
- 1 can (14 ounces) artichoke hearts in water
- Paprika
- Curry powder

STAPLES

- Coarse salt and ground pepper
- Olive Oil
- Butter
- Cavatappi or other short pasta
- Vegetable oil
- Brown or white basmati rice