

# 2012 sept. #GetButtonedUp Challenge

## sarah's menu for week 3

<b>sun</b>	Spaghetti squash pasta with shrimp: <a href="http://www.lakocinera.blogspot.com/2012/08/spaghetti-squash-pasta-with-shrimp.html">www.lakocinera.blogspot.com/2012/08/spaghetti-squash-pasta-with-shrimp.html</a> + green beans
<b>mon</b>	Shrimp fajita pasta: <a href="http://www.preventionrd.com/2012/04/money-matters-shrimp-fajita-pasta/">www.preventionrd.com/2012/04/money-matters-shrimp-fajita-pasta/</a> with optional salad
<b>tue</b>	Chicken with leeks, sundried tomatoes in a white wine sauce: <a href="http://www.skinnytaste.com/2011/12/chicken-with-leeks-sun-dried-tomatoes.html">www.skinnytaste.com/2011/12/chicken-with-leeks-sun-dried-tomatoes.html</a>
<b>wed</b>	Quinoa stuffed bell peppers: <a href="http://www.eat-yourself-skinny.com/2012/07/quinoa-stuffed-bell-peppers.html">http://www.eat-yourself-skinny.com/2012/07/quinoa-stuffed-bell-peppers.html</a>
<b>thu</b>	Simple pork chops: <a href="http://www.myrecipes.com/recipe/pan-fried-pork-chops-homemade-applesauce-10000001918517/">www.myrecipes.com/recipe/pan-fried-pork-chops-homemade-applesauce-10000001918517/</a> with sautéed Albanian vegetables: <a href="http://globaltableadventure.com/2010/02/14/recipe-turli-perimesh-albanian-vegetables/">http://globaltableadventure.com/2010/02/14/recipe-turli-perimesh-albanian-vegetables/</a>
<b>fri</b>	Fava bean & corn succotash with coriander-encrusted sea bass: <a href="http://www.feastingathome.com/2012/08/fava-bean-and-fresh-corn-succotash.html">www.feastingathome.com/2012/08/fava-bean-and-fresh-corn-succotash.html</a>
<b>sat</b>	FREE NIGHT

### Shopping Guide

(be sure to adjust ingredients to fit the # of serving sizes you have)

#### Meat & Protein

- Shrimp – enough for two meals
- Chicken breasts
- Pork chops
- Sea bass

#### Produce

- 1 bunch of Asparagus
- Green beans
- Spaghetti squash
- 7 bell peppers
- 1 or 2 leeks
- 2 zucchini
- 1 yellow squash
- 1 potato (yellow)
- Celery
- 10-12 fresh fava beans
- 2 ears of corn (or small can of corn)
- 4 yellow onions
- Pint of cherry tomatoes
- Fresh parsley
- Fresh cilantro
- 1 lime
- Salad fixings – enough for 2 side salads

#### Grains & Breads

- Box of whole wheat linguini
- Quinoa
- Flour + cornmeal

#### Dairy

- Heavy cream (small)
- 4 oz reduced fat cream cheese
- Block of pepper jack cheese

#### Other

- 10 oz can of enchilada sauce
- 2 oz ready-to-eat sun dried tomatoes (not in oil)
- 2 x 15 oz can diced tomatoes
- 15 oz can black beans
- Cooking wine (white)
- Chicken broth
- Vegetable broth