THE FRESH COOKY | SMART COOKY CLUB MEAL PLAN

Italian Night, All Week

GROCERY LIST

Baked Rigatoni • Marry Me Chicken • Penne alla Vodka • Italian Stromboli + No Rise Pizza Dough • Italian Chopped Salad • Traditional Tiramisu

Main recipes only. Suggested sides are not included. The pizza dough makes two balls: one for the stromboli, one to freeze for Pizza Night Thanksgiving week. Check your fridge and pantry first!

MEAT AND DELI

- ☐ 1 lb ground beef (I use 90/10 ground sirloin)
- ☐ 1 lb bulk Italian sausage, mild or spicy
- ☐ 4 boneless, skinless chicken breasts (1½ to 2 lbs)
- ☐ About 10 oz salami (6 to 8 slices for stromboli + 6 to 8 oz for the salad)
- ☐ 6 to 8 slices capicola
- ☐ 6 to 8 slices pepperoni
- ☐ 4 to 6 Italian sausage links (optional, penne add-in)

PRODUCE

- ☐ 1 small yellow onion
- ☐ 1 red onion (½ needed)
- ☐ 1 medium carrot
- ☐ 1 head garlic (about 12 cloves)
- ☐ 1 lemon
- ☐ 3 romaine hearts
- ☐ 1 small container spring mix (2 to 3 cups)
- ☐ 2 to 3 Roma tomatoes
- ☐ 1 small cucumber
- ☐ 1 bunch fresh basil
- ☐ 1 bunch Italian flat-leaf parsley
- ☐ Fresh thyme (1 Tbsp + garnish)

DAIRY AND EGGS

- ☐ 1 quart heavy cream (3½ cups needed)
- ☐ Whole milk (⅔ cup)
- ☐ 1 stick butter (6 to 8 Tbsp)
- ☐ 7 large eggs (6 for tiramisu + 1 for egg wash, optional)
- ☐ 1 lb mascarpone (two 8 oz tubs)
- ☐ 1 (15 oz) tub whole milk ricotta (1 cup needed)
- ☐ 14 oz shredded low-moisture mozzarella (about 3½ cups)
- ☐ 8 oz block parmesan (about 2¼ cups grated)
- ☐ Provolone: 6 to 8 slices + 6 to 8 oz block for dicing

PASTA, CANNED AND JARRED

- ☐ ½ lb rigatoni
- ☐ 1 lb penne
- ☐ 2 (24 oz) jars marinara (1 for rigatoni, 1 for stromboli dipping)
- ☐ 1 (8 oz) can tomato sauce
- ☐ 1 (28 oz) can San Marzano tomatoes
- ☐ 1 small jar sun-dried tomatoes (½ cup)
- ☐ 1 (15 oz) can garbanzo beans
- ☐ 1 (14 oz) can artichoke hearts
- ☐ 1 jar pepperoncini (½ cup)
- ☐ 1 jar kalamata olives (⅓ cup)
- ☐ 1 (32 oz) carton chicken broth (1 cup needed)

OILS, VINEGARS AND BOTTLES

- ☐ Extra virgin olive oil (about 1 cup)
- ☐ Red wine vinegar (¼ cup)
- ☐ Balsamic vinegar (1 Tbsp)
- ☐ Dijon mustard (1 Tbsp)
- ☐ Vodka (¾ cup)
- ☐ Rum, light or dark (4 Tbsp)
- ☐ Coffee for brewing (¾ cup strong)

BAKING

- ☐ All-purpose flour (4¼ cups + extra for rolling)
- ☐ Cane or granulated sugar (¾ cup + 1 tsp)
- ☐ 1 packet instant yeast (2¼ tsp)
- ☐ Vanilla extract (1½ tsp)
- ☐ Unsweetened cocoa powder (1 Tbsp)
- ☐ 1 (7 oz) package ladyfingers
- ☐ Chocolate bar for curls (optional)

SPICES

- ☐ Kosher salt
- ☐ Black pepper
- ☐ Seasoning salt, like Lawry's (1 tsp)
- ☐ Dried parsley (1 Tbsp)
- ☐ Italian or pizza seasoning (2 tsp)
- ☐ Dried basil (2 tsp)
- ☐ Dried oregano (1 tsp)
- ☐ Red pepper flakes (about 1½ tsp)
- ☐ Garlic powder (1 tsp, optional, for the dough)
- ☐ Flaky sea salt (optional)

KITCHEN SUPPLIES

- ☐ Pizza stone
- ☐ Parchment paper
- ☐ Zip-top freezer bag for the second dough ball
- ☐ Mason jar for the vinaigrette
- ☐ Plastic wrap and foil for freezing extras

ADDITIONAL ITEMS