

# Grocery List for the Week

## Produce

- 1 white or yellow onion (*half for Monday, half for Tuesday*)
- 1 red onion
- 2 bulbs of garlic
- 1 ginger root, or ginger paste for ease (*for Monday and Wednesday*)
- 9 oz bag or container of Baby spinach (*for Monday and Thursday*)
- 1 tomato
- 1 jalapeno (*optional for Tuesday's tacos*)
- 1 Cucumber
- 1 large Carrot
- 1 bunch of Scallions

## Meat & Seafood

- 2 boneless, skinless chicken breasts, or 2 cups of pre-cooked shredded rotisserie chicken (*for Tuesday's tacos*)
- 1 lb chicken tenderloins, or boneless, skinless chicken breasts or thighs (*for Thursday's soup*)
- 12 oz boneless salmon, skin on or off

**Suggestions:** I prefer fatty cuts of salmon, like Chinook, King, or Atlantic/Faroe Island

## Dairy

- Mexican-blend cheese (*for Tuesday's tacos*)
- Plain Greek yogurt (*for Tuesday's tacos; could also use sour cream if preferred*)
- 16 oz carton whipping cream or heavy cream (*for Thursday's soup; could also use half & half*)
- Parmesan Reggiano (*for Thursday's soup*)
- 8 oz pizza cheese (this can be mozzarella, or a pre-shredded pizza cheese blend)

## Bakery

- 1 lb ball of pizza dough
- Fresh bread (*optional, to serve with Thursday's soup*)

## Pantry & Dry Goods

### Jar & Cans

- 2 15 oz cans of cooked chickpeas
- 15 oz can diced tomatoes

14 oz can full fat coconut milk  
Concentrated Indian curry paste (I've always used Patak's)  
16 oz Chunky salsa (I like Pace)  
7 oz jar sun-dried tomatoes in oil  
12 oz jar pizza sauce

### **Spices**

Curry powder  
Turmeric  
Cumin  
Chili powder  
Chipotle powder  
Italian seasoning  
Sea salt  
Black pepper

**Note:** You can omit cumin, chili powder, and chipotle powder for taco seasoning instead

### **Other**

Olive oil  
8 Soft shell tortillas  
Jasmin rice (you can opt for a microwaveable 90-second rice packet for ultimate convenience)  
Rice vinegar  
Sesame oil  
Low-sodium soy sauce (Kikkoman is my go-to)  
All Purpose flour (*for Thursday's soup and Friday's pizza*)  
Cornmeal (*for Friday's pizza*)  
2 32 oz boxes of chicken broth  
Dry white wine (like pinot grigio or sauvignon blanc) —optional for soup

### **Optional Add-Ons**

Sesame seeds (*for Wednesday*)  
Hot sauces (for tacos, salmon bowl)  
Whatever toppings you want to throw onto Friday night's pizza