# Grocery List for the Week

## Produce

3 bell peppers (1 green, for Thursday's beef stir fry; 2 multicolor for Monday's sandwiches)
1 large red onion
1 large white or yellow onion
8 oz fresh mushrooms, baby bella or cremini
2 bulbs of garlic
1-2 Tomatoes (for Tuesday's tacos)
Lettuce (for Tuesday's tacos)
1 head of cauliflower
1 bunch scallions
Fresh pineapple

## Meat & Seafood

2 lbs thin-sliced chicken breasts (cutlets) or chicken tenderloins, cut into bite-sized strips
1 lb ground turkey
1 lb sirloin steak strips, sometimes labeled as beef stir fry strips
3 oz thinly sliced prosciutto

## Dairy

6 slices of provolone cheese
Bag of shredded Mexican-style or Taco-style cheese
Sour cream or plain Greek yogurt (for Tuesday's tacos)
8 oz cheese for pizza (mozzarella, provolone, pre-shredded blend, etc.)

## Bakery

Hoagie buns (for Monday's Chicken Philly Sandwiches)
1 lb pizza dough (or make your own)

## Pantry & Dry Goods

**Jar & Cans**
16 oz chunky salsa
4 oz canned green chilies
12 oz pizza sauce
15 oz can of pumpkin puree (make sure it's not pumpkin pie puree)
14 oz can of unsweetened coconut milk

32 oz box of Vegetable or chicken broth
Dry white wine (for Thursday's stir fry; or you could use Mirin or rice vinegar)
Low-sodium soy sauce

**Spices**
Sea salt
Pepper
Packet of Taco Seasoning, or homemade taco seasoning
Curry powder
Turmeric
Nutmeg
Sesame seeds

**Other**
Olive oil
Taco shells (hard or soft)
2.1 oz package of slivered almonds
2 3 oz packages of instant Ramen noodles

## Optional Add-Ons

Pumpkin soup garnishes (chopped croutons, sunflower seeds, chili flakes, microgreens)