Grocery List for the Week

Produce

4 oz shiitake mushrooms (baby bella or cremini also work)
2 red bell peppers
1 yellow or orange bell pepper
1 small yellow onion
1 poblano pepper
Ginger root
7 garlic cloves
1-2 bunches of scallions (3 scallions for Monday's dinner, the rest for Wednesdays)
2 medium-large heads of broccoli (you want about 3-4 cups of florets)
8 oz sugar snap peas
4 limes
Avocado (for Tuesday's soup, optional)
Fresh Parsley or cilantro (for Tuesday's soup)
Fresh oregano (for Friday night's pizza)

Meat & Seafood

1 lb boneless, skinless chicken breasts (or thighs)
1 lb boneless, skinless chicken tenderloins (or breasts, thighs)
2 lbs boneless salmon—like Atlantic, Chinook, King, or Faroe Island (skin on or off, depending on your preference)

Dairy

Shredded Mexican-blend or taco-blend cheese (for Tuesday's soup)
Plain Greek yogurt or sour cream (for Tuesday's soup)
4 oz mozzarella cheese

Bakery

1 lb fresh pizza dough ball

Pantry & Dry Goods

Jars, Cans, & Bottles
Olive oil
Rice vinegar
Sesame oil
Teriyaki sauce

Raw honey
Low-sodium soy sauce
2 14.5 oz cans of fire-roasted diced tomatoes
1 10-oz can of diced tomatoes with green chilies
1 15-oz can of black beans
Pizza or marinara sauce (for Friday night's pizza)

Spices
Sea salt
Chili powder
Cumin
Ground coriander
Black pepper
Smoked paprika
Cayenne pepper
Garlic powder
Red chili flakes (for Friday's pizza, optional)

Other
Lightly salted cashews (enough for ½ cup)
32-oz box of chicken broth
Corn chips (like Fritos) or crispy tortilla strips

Optional Add-Ons

Sesame seeds (optional for Wednesday's salmon)
Hot chili sauce, like Sriracha or Sambal Oelek (for Wednesday's salmon)