

Grocery List for the Week

Be sure to check your inventory—you might already have a lot of this stuff on hand!

Produce

Fresh sage
Fresh parsley
Fresh basil
Fresh oregano
Fresh rosemary
8 oz cremini or baby bella mushrooms
1 green bell pepper
1 red onion
1 garlic bulb
1 lemon
1 cucumber
1 large carrot
Small knob of ginger root (or ginger paste in a tube, usually found by the fresh herbs)
1 small bunch of scallions
8 oz mozzarella cheese (for Friday's pizza)

Meat & Seafood

1 lb Italian pork sausages (sweet, hot, or mild work)
4 chicken cutlets or 2 large chicken breasts (that you can slice into cutlets yourself)
12 oz boneless salmon fillet (skinless or not, up to you)

- Get a fatty cut of salmon, like Atlantic salmon, Chinook, King, or Faroe Island salmon

Dairy

Butter
Provolone cheese slices (for Tuesday's sausage and peppers)
Plain Greek yogurt, full-fat (for Tuesday's mustard sauce)
Pecorino Romano or Parmesan cheese

Bakery

16 oz ball of fresh pizza dough, or homemade pizza dough
12 oz fresh mushroom ravioli (I like using Ranna brand. You could also substitute with a different type of ravioli, like sausage, butternut squash, lobster, etc.)
Fresh buns, like hoagie rolls (for Tuesday's sausage and peppers)

Pantry & Dry Goods

Jars, Cans, & Bottles

Olive oil or avocado oil

Old-style stone-ground mustard

Honey

Liquid smoke (for Tuesday's mustard sauce)

Chicken stock or broth

Better Than Bouillon Chicken Base

3.5 oz jar of capers

Rice vinegar

Sesame oil

Low-sodium soy sauce (I recommend Kikkoman)

Spices

Sea salt

Black pepper

Garlic powder

Onion powder

Other

All-purpose flour

White wine, like Sauvignon Blanc or Pinot Grigio (for Wednesday's chicken)

Rice (for Thursday's salmon bowl)

- You can get dried rice to cook up yourself or snag one of those 90-second rice pouches for convenience. I suggest Jasmine or sticky rice.