

# Grocery List for the Week

## Notes

1. **Check your inventory**—you might already have a lot of this stuff on hand!
2. **Some recipes have optional toppings**—I haven't included them on the grocery list since they're personal choices. Review the recipes and add any you want to include.

## Produce

3 yellow onions  
1 red onion  
1 zucchini  
4 sweet bell peppers (red, orange, or yellow)  
6 oz bag of baby spinach  
8 garlic cloves  
Fresh parsley  
Fresh basil (optional, as a garnish for Monday's soup)  
Fresh rosemary  
2 limes  
1 ginger root  
1 large carrot  
1 bunch of scallions  
1 ripe pear

## Meat & Seafood

1-1.5 lbs skinless, boneless chicken breasts  
1 lb boneless, skinless chicken thighs  
2 or 4 (depending on who you're feeding) 6-8 oz boneless pork chops  
Cup & Char Pepperoni (or regular pepperoni)

## Dairy

10 oz ricotta cheese  
12 oz mozzarella cheese (you can go with fresh mozzarella or bags of pre-shredded)  
Parmesan

## Bakery

16 oz ball of fresh pizza dough

## **Pantry & Dry Goods**

### **Jars, Cans, & Bottles**

Olive oil

24 oz jar of marinara

14 oz can of diced tomatoes

14 oz jar of peppadew peppers

2 boxes of vegetable broth (for Monday's soup and Thursday's pork chops)

16 oz dried long grain rice (or two packets of 90-second

Low-sodium soy sauce

Rice wine

Sesame oil

Raw/pure honey

Ketchup

Apple cider vinegar

Brown sugar

Corn starch

### **Spices**

Sea salt

Pepper

Chili flakes (optional)

Italian seasoning

Chili powder

Onion powder

Cumin

Chipotle powder (*optional for Tuesday's fajita bowls*)

Sesame seeds (*optional as garnish for Wednesday's chicken*)

### **Other**

Tomato paste

Lasagna noodles OR 4 oz trumpet noodles