

# 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.

## Produce

1 sweet onion  
1 large carrot  
1 rib of celery  
3 sweet bell peppers  
16 oz sugar snap peas  
7 garlic cloves  
Baby spinach (you'll need 2 cups-worth)  
3 limes  
Large bunch of fresh flat-leaf parsley  
Large bunch of fresh cilantro  
Scallions (green onions)

## Meat & Seafood

1.5-2 lbs boneless, skinless chicken breasts  
1.5 lb flank steak  
2 lbs shrimp (uncooked, shelled, and deveined)

## Dairy

Plain Greek yogurt (enough for ½ cup)  
Shredded cheese for tacos (use whatever style you prefer)  
8 oz pizza cheese

## Bakery

16 oz ball of fresh pizza dough  
10-oz fresh cheese tortellini

## Pantry & Dry Goods

### Jars, Cans, Bottles, Etc.

Extra-Virgin Olive Oil

Red wine vinegar  
Sugar  
12-oz jar of roasted red peppers  
28-oz can of diced tomatoes  
32-oz box of vegetable broth  
16-oz jar of Chunky salsa  
17-oz can of diced green chiles  
12-oz jar pizza sauce or marinara  
Cornmeal (Optional, for Friday night's pizza)  
Taco shells (hard and/or soft, up to your preference)  
Sweet Thai Chili Sauce (low-sugar if possible)

### **Spices**

Italian seasoning  
Taco seasoning  
Chili powder  
Cumin  
Garlic powder  
Salt & pepper  
1 Bay leaf  
Sesame seeds (optional, for the sheet pan shrimp)

### **Other**

Whatever pizza toppings you'd like for Friday night! I love cup n' crisp pepperoni for a cast-iron pizza.