

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 yellow onion
1 white onion
7 garlic cloves
1 bell pepper
10-oz bag of frozen corn
10-oz bag of frozen peas
2 large oranges
Ginger root
Fresh Thyme
Fresh Oregano

Meat & Seafood

1 lb ground turkey
24 oz salmon (look for Atlantic, Faroe Island, Chinook, or King Salmon)
1 lb ground chicken

Dairy

Full Fat Plain Greek Yogurt
8-oz Pizza Cheese

Bakery

16 oz Ball of Fresh Pizza Dough
Burger Buns

Pantry & Dry Goods

Jars, Cans, Bottles, Etc.

Extra-Virgin Olive Oil
Low-Sodium Soy Sauce
Liquid Smoke (Can usually be found with condiments/BBQ Sauces)
Stone-Ground/Old-Style Mustard

Panko Breadcrumbs

Sesame oil

32-oz box of Chicken Broth

14-oz can of red kidney beans

14-oz can of black beans

14-oz can of cannellini beans

28-oz can of crushed tomatoes

Tomato Paste

Natural Liquid Honey

14-oz Jar of Pizza/Marinara Sauce (or make the homemade pizza sauce linked in Friday's recipe post—it takes this style of pizza to a whole new level!)

Spices

Sea salt & Pepper

Taco or Chili Seasoning

Sesame seeds (optional, for Wednesday's salmon)

Red Pepper Flakes/Chili Flakes

Other

Eggs (You need 1 for the chicken burgers)

Taco Shells (hard or soft, whatever you prefer)

Any toppings you want for Tuesday's tacos

Any condiments you want for Thursday's burgers