

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

- 2 yellow onions
- 1 red onion
- 9 garlic cloves
- 1 ginger root
- 3 Roman tomatoes
- 1 bell pepper (red, orange, or yellow)
- 8 oz baby bella or cremini mushrooms
- 1 bunch of scallions
- Baby spinach
- 2 limes
- Fresh basil (Thai basil if possible, but regular basil will do)
- 1 pint of prepared pico de gallo OR tomatoes to chop (for Tuesday's burrito bowls; amount will vary depending on how many bowls you are planning to make)
- 1-2 avocados (Tuesday's taco bowls)
- 8-oz baby spinach

Meat & Seafood

- 1 lb salmon (I recommend Atlantic salmon, sometimes labelled as Faroe Island, King, or Chinook)
- 1 lb ground turkey (93% lean/7% fat)
- 1 lb boneless, skinless chicken thighs
- Shredded rotisserie chicken (for Tuesday's burrito bowls; amount will vary depending on how many bowls you are planning to make).
- 12-oz ground Italian sausage
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Dairy

- Shredded taco/Mexican-style cheese
- Full-fat sour cream

- 16-oz carton of heavy cream
- 8-oz pizza cheese

Bakery

1 ball of fresh pizza dough

Pantry & Dry Goods

Jars, Cans, Bottles, Etc.

- Extra virgin olive oil
- Red Thai curry paste
- 13-oz can full-fat unsweetened coconut milk
- Fish sauce (optional, for Monday's curry)
- Chili sauce (like Sambal oelek or Sriracha)
- Long Grain Rice (for Tuesday's burrito bowls; amount will vary depending on how many bowls you are planning to make).
- 15-oz can of black beans
- 32-oz box of chicken broth
- Tomato paste
- All-purpose flour
- Pank breadcrumbs
- Low-sodium soy sauce
- Egg noodles
- Raw honey
- Sesame oil
- 13-oz pizza sauce
- 12-oz jar roasted pepper

Spices

- Taco seasoning
- Onion powder
- Hot Hungarian paprika
- Sea salt & pepper
- Sesame seeds (optional, for Wednesday's meatballs)

Other