

KILLING THYME

Weekly Meal Plan Grocery List

PRODUCE

- ☐ 2 heads garlic
 - ☐ 2 yellow onions
 - ☐ 1 red onion
 - ☐ 1 bunch green onions
 - ☐ 1 head romaine lettuce
 - ☐ 2 large tomatoes
 - ☐ 1 pint cherry tomatoes
 - ☐ 2 zucchini
 - ☐ 2 lemons
 - ☐ 1 lime
 - ☐ 1 avocado (optional)
 - ☐ 1 bunch cilantro
 - ☐ 1 bunch parsley
 - ☐ 1 bunch basil
 - ☐ 1 bunch dill
 - ☐ 1 bunch oregano
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PROTEIN

- ☐ 2 lbs boneless, skinless chicken thighs
- ☐ 2 boneless, skinless chicken breasts
- ☐ 1 rotisserie chicken
- ☐ 1 lb lean ground turkey
- ☐ 1½ lbs salmon fillets

DAIRY

- ☐ 8 oz feta cheese
- ☐ 8 oz fresh mozzarella
- ☐ 4 oz Parmesan cheese
- ☐ 8 oz shredded Mexican cheese
- ☐ 8 oz sour cream (optional)

PANTRY

- ☐ Olive oil
 - ☐ 1 jar basil pesto
 - ☐ 1 bottle buffalo sauce
 - ☐ 1 jar pizza sauce
 - ☐ 1 can diced tomatoes (14.5 oz)
 - ☐ 1 can tomato paste (6 oz)
 - ☐ 1 carton chicken broth
 - ☐ 1 cup dry white wine
 - ☐ 1 jar roasted red peppers
 - ☐ 1 jar marinated artichoke hearts
 - ☐ 1 jar Kalamata olives
 - ☐ 1 jar Castelvetrano olives
 - ☐ 1 small jar capers
 - ☐ 1 packet taco seasoning
 - ☐ Honey
 - ☐ Cornstarch
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BREAD, GRAINS & SEASONINGS

- ☐ 8 large flour tortillas
- ☐ 1 lb pizza dough
- ☐ Taco shells (optional)
- ☐ 2 cups uncooked rice (optional)
- ☐ Kosher salt
- ☐ Black pepper
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Dried oregano
- ☐ Italian seasoning
- ☐ Crushed red pepper flakes (optional)

NOTES
