

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 mango
- 1 lime
- 2 lemons
- 1-2 heads of bibb lettuce or butter lettuce
- 1 cucumber
- 24 oz of cherry or grape tomatoes
- 2 Roma tomatoes
- 1 package fresh basil
- 1 large red onion
- 1 bunch of scallions
- 1 head of garlic
- Ginger root

Meat & Seafood

- 4 boneless, skinless chicken breasts
- 1 lb ground chicken
- 8 oz raw shrimp (you can buy it peeled & deveined, or buy them whole and peel/devein them yourself)
- 1.5 lbs salmon fillets (4 6-oz fillets)

Dairy

- Plain Greek Yogurt (or sour cream; for Tuesday's quesadillas)
- Shredded Mexican or Taco blend cheese
- 8 oz feta cheese
- Tzatziki

Bakery

- Large flour tortillas

- 1 lb ball of fresh pizza dough

Pantry & Dry Goods

Jars, Cans, Bottles, Etc.

- Avocado oil or Olive oil
- Quinoa
- Chicken or vegetable broth (you'll need 1.5 cups, so at least 12 oz)
- 4 oz can of diced green chiles
- Olives (Kalamata, Castelvetrano, or both!)
- Balsamic glaze (not vinegar, look for actual glaze)
- Ketchup
- Hoisin sauce
- Sesame oil
- Low-sodium soy sauce
- Rice wine vinegar
- Garlic chili sauce (Sriracha or Sambal Oelek)
- 14 oz Marinara sauce

Spices

- Tajin seasoning (optional)
- Taco seasoning
- Sea salt
- Black pepper

For the Greek Quinoa Bowls specifically. If you don't have these or don't want to buy each one, you can use an Italian or Greek seasoning blend that you like.

- Dried oregano
- Dried basil
- Dried dill
- Onion powder
- Garlic powder

Other

N/A