

KILLING THYME

Weekly Meal Plan Grocery List

To keep the list tight, I don't list salt & pepper or cooking oil unless it's a specialty; optional ingredients are listed in individual recipes.

PRODUCE

- ☐ 2 heads of garlic
- ☐ 1 ear of corn
- ☐ 1 pint of cherry tomatoes
- ☐ 1 head of garlic
- ☐ 2 lemons
- ☐ 1 bunch fresh basil
- ☐ 3 bell peppers (whatever colors you prefer)
- ☐ 1 red onion
- ☐ Baby bella or cremini mushrooms (1 cup)

PROTEIN

- ☐ 10 oz raw shrimp, shelled & deveined
- ☐ 2 4 oz fillets Alaska Pollock
- ☐ 1 egg
- ☐ 2 lbs chicken breasts or chicken tenders

DAIRY

- ☐ 10 oz fresh cheese ravioli
- ☐ 3 tbsp butter
- ☐ 4 tbsp Parmesan cheese
- ☐ Sliced provolone (4-6 slices)
- ☐ 8 oz Mozzarella, Italian blend, or "pizza cheese"

PANTRY

- ☐ Dry white wine (you'll need 1/4 cup)
- ☐ Long-grain white rice (you'll need 1 cup)
- ☐ Chili powder
- ☐ Ground cumin
- ☐ Paprika
- ☐ Dried oregano
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Cayenne
- ☐ Italian seasoning
- ☐ All-purpose flour
- ☐ Panko breadcrumbs (1 cup)
- ☐ Cornmeal (optional, for pizza night)
- ☐ Jar of marinara or pizza sauce

BREAD, GRAINS & SEASONINGS

- ☐ Fresh hoagies (for Thursday's cheesesteaks)
- ☐ 1 lb pizza dough
- ☐ 2 cups uncooked rice (optional)
- ☐ Kosher salt
- ☐ Black pepper

NOTES
