

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

- ☐ 1 pineapple
- ☐ 2 sweet bell peppers (red, orange, or yellow)
- ☐ 2 bunches of scallions (green onions); 1 whole bunch for Monday's kabobs, and 1-2 for garnish on Thursday's salmon bowls.
- ☐ 1 mango
- ☐ 1 habanero (jalapeño works fine)
- ☐ 2 limes
- ☐ 2 heads of garlic
- ☐ Fresh chimichurri (if making from scratch, see flank steak recipe card for ingredients)
- ☐ 1 large cucumber
- ☐ 1 large carrot
- ☐ 1 ginger root
- ☐ 1 small bunch fresh parsley
- ☐ 1 small bunch fresh oregano
- ☐ 1 small bunch fresh rosemary
- ☐ 1 small bunch fresh basil

PROTEIN

- ☐ 3-4 large chicken breasts (about 1.5 lbs)
 - ☐ 10 oz uncooked shrimp
 - ☐ 1.5 lb flank steak
 - ☐ 12 oz boneless salmon fillet
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DAIRY & BAKERY

- ☐ 1 lb ball of fresh pizza dough
- ☐ 8 oz mozzarella or Italian blend cheese

PANTRY

- ☐ Teriyaki sauce (not a thin marinade)
- ☐ Rice vinegar
- ☐ Sesame oil
- ☐ Low-sodium soy sauce
- ☐ Small 6-8 oz can of pineapple juice

BREAD, GRAINS & SEASONINGS

- ☐ Chili powder
- ☐ Ground cumin
- ☐ Sesame seeds
- ☐ Long grain white or brown rice (1 cup needed)
- ☐ 1 package small flour tortillas

NOTES
