

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 red onion
- ☐ 1 white onion
- ☐ 1 small bunch of scallions
- ☐ 4 garlic cloves
- ☐ 1 tomato
- ☐ 1 jalapeño
- ☐ 1 red bell pepper
- ☐ 2 lemons
- ☐ Shiitake mushrooms (approx. 4 oz)
- ☐ 1 small ginger root
- ☐ 1 small bunch of fresh parsley
- ☐ Fresh oregano (2 tablespoons)

PROTEIN

- ☐ 1 lb ground turkey (93% lean / 7% fat)
- ☐ 1 lb boneless, skinless chicken breasts
- ☐ 12 oz of shredded rotisserie chicken (2 cups) or 16 oz of raw chicken breast meat to cook & shred yourself—for Tuesday's tacos
- ☐ 4 6-8 oz boneless, skinless grouper fillets
- ☐ 1 egg

DAIRY & BAKERY

- ☐ 1 lb ball of fresh pizza dough
- ☐ 8 oz mozzarella or Italian blend cheese
- ☐ 1 16-oz bag of shredded Mexican or Taco blend cheese
- ☐ Plain Greek yogurt or sour cream (for Tuesday's tacos)

PANTRY

- ☐ Panko breadcrumbs
- ☐ Liquid smoke (found with BBQ sauces)
- ☐ 16 oz jar of chunky salsa
- ☐ All-purpose flour
- ☐ Low-sodium soy sauce (3 tablespoons)
- ☐ Rice vinegar (1 teaspoon)
- ☐ Raw/pure honey (½ teaspoon)
- ☐ ½ cup unsalted or lightly salted cashews
- ☐ 8 oz jar chunky marinara sauce (Neapolitan style)

BREAD, GRAINS & SEASONINGS

- ☐ Hamburger buns (4)
- ☐ Soft shell tortillas (8)
- ☐ Onion powder (2 teaspoons)
- ☐ Garlic powder (1 teaspoon)
- ☐ Dried parsley (1 teaspoon)
- ☐ Ground cumin (½ teaspoon)
- ☐ Chili powder (½ teaspoon)
- ☐ Chipotle powder (½ teaspoon)
- ☐ Lemon pepper seasoning (2 tablespoons)
- ☐ Dried Italian seasoning (1 teaspoon)

NOTES

Add your own burger condiments to the list for Monday's turkey burgers.
