

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 small bunch of fresh thyme (1 teaspoon)
- ☐ 1 small bunch of fresh oregano
- ☐ Fresh basil leaves
- ☐ 8 garlic cloves
- ☐ 5 oz package of baby spinach
- ☐ 1 red onion
- ☐ 1 sweet onion
- ☐ Pico de Gallo
- ☐ 1 avocado
- ☐ 8 oz Baby bella mushrooms
- ☐ 1 shallot
- ☐ 1 lemon
- ☐ 2 Roma tomatoes

PROTEIN

- ☐ 1 lb ground chicken (dark/light meat blend recommended)
- ☐ 3 lbs boneless chicken thighs
- ☐ 1 egg

DAIRY & BAKERY

- ☐ 1 lb ball of fresh pizza dough
- ☐ 8 oz block feta
- ☐ 8 oz fresh mozzarella ball
- ☐ Shredded rotisserie chicken (Burrito bowls, amount depends on how many bowls you make)
- ☐ 8 oz bag of shredded Mexican blend or taco blend cheese

PANTRY

- ☐ Panko breadcrumbs (1 cup)
- ☐ Worcestershire sauce (1 tablespoon)
- ☐ 6.5 oz jar of Kalamata olives
- ☐ 6.5 oz jar of Castelvetrano olives
- ☐ 15 oz can of black beans
- ☐ All-purpose flour (½ cup)
- ☐ Tomato paste (¼ cup)
- ☐ 750 ml Bottle of dry red wine
- ☐ 32 oz box chicken broth
- ☐ 28 oz crushed tomatoes
- ☐ Pasta of choice (½ lb)
- ☐ 6 oz can or jar of tuna
- ☐ 4 oz jar of capers
- ☐ Dijon mustard (1 tablespoon)
- ☐ 14 oz jar of marinara or pizza sauce
- ☐ 7 oz bottle balsamic glaze (not vinegar)

BREAD, GRAINS & SEASONINGS

- ☐ Taco seasoning
- ☐ Long grain rice (white or brown, for Burrito bowls)
- ☐ 2 bay leaves

NOTES

1. Add your own toppings to the list for Tuesday's burrito bowl
2. Add whatever you need based on how you're serving the Greek chicken meatballs (pita, tzatziki, etc.)