

Dinner = Done

GROCERY LIST

MON	TUE	THIS WEEK'S MENU	THU	FRI
Green Curry Fish Parcels	Green Chile Chicken Enchiladas	Goat Cheese Pasta w/ Asparagus & Peas	Slow Cooker Tagine Chicken	Blue Cheese Burger Salad

PROTEINS & SEAFOOD

MON	2 (8-oz) halibut fillets, skin & bones removed
TUE	2 cups shredded rotisserie chicken
THU	2 lb chicken breasts
FRI	2 lb (90/10) ground sirloin

PRODUCE

MON	1 small head baby bok choy
MON	1 small red bell pepper
MON	1 small shallot
MON	Fresh Thai basil and/or cilantro
TUE	1 cup roasted hatch chile peppers, diced
TUE	1/4 small red onion (optional)
TUE	1 avocado (optional)
TUE	2 limes
TUE/THU	Fresh cilantro (1/2 cup + 2 tbsp)
WED	1 bunch asparagus
WED	1 large shallot
WED	2 garlic cloves
WED	Fresh tarragon (1/4 cup)
WED	Fresh chives (1/4 cup)
THU	1 large yellow onion
THU	4 garlic cloves
THU	1 tbsp fresh ginger
WED/THU	2 lemons (juice + zest)
THU	1 orange (zest + juice)
THU	1/2 cup pitted green olives
FRI	2 medium yellow onions
FRI	1 garlic clove
FRI	Baby arugula or mixed greens

DAIRY & CHEESE

TUE	3/4 cup light sour cream
TUE	1 cup shredded Monterey jack cheese
WED	2 tbsp unsalted butter
WED	6 oz log goat cheese
FRI	1/3 cup blue cheese crumbles

PANTRY & DRY GOODS

TUE	8 (6-inch) tortillas
WED	12 oz curly pasta (trottole or fusilli)
THU	1/4 cup shelled pistachios
THU	Cauliflower rice or jasmine rice, for serving

CANNED & JARRED GOODS

MON	1 tbsp green curry paste
MON	1/4 cup unsweetened coconut milk
TUE	1 (16-oz) jar salsa verde
THU	2 cups low-sodium chicken broth
THU	2 tbsp tomato paste

FROZEN

WED	2 cups frozen peas
-----	--------------------

OILS, VINEGARS & CONDIMENTS

MON	2 tsp tamari
WED	Extra virgin olive oil
WED	1/2 cup dry white wine
FRI	Balsamic vinegar (4 tbsp total)
FRI	4 tbsp extra virgin olive oil
FRI	Dijon mustard (2 tbsp + 2 tsp)
FRI	2 tbsp honey
FRI	1 tbsp coconut sugar

SPICES & SEASONINGS

PANTRY	Kosher salt & black pepper
TUE	Dried oregano (1 tsp)
TUE	Ground cumin (1 tsp)
TUE	Garlic powder (1 tsp)
WED	Crushed red pepper flakes (optional)
THU	Turmeric (1 1/2 tsp)
THU	Paprika (1 1/2 tsp)
THU	Ground coriander (1 1/2 tsp)
FRI	Dried thyme (1/4 tsp)