

Dinner = Done

GROCERY LIST

| THIS WEEK'S MENU | | | | |
|---------------------------------|-----------------------------|-------------------------|--------------------------|----------------------------|
| MON | TUE | WED | THU | FRI |
| Miso-Marinated Cod + Broccolini | Chipotle Sesame Steak Tacos | Spring Green Minestrone | Spicy Miso Chicken Salad | Spring Lamb & Fennel Pasta |

| PROTEINS & SEAFOOD | |
|--------------------|--|
| MON | 4 (6-8 oz) cod, black cod, or halibut filets |
| TUE | 1½ lbs flap, flank, or skirt steak |
| THU | 1½ lbs ground chicken or turkey (dark meat) |
| FRI | 1 lb ground lamb |

| PRODUCE | |
|---------|---|
| MON | 2 bunches broccolini |
| MON | 1 Fresno chile pepper, thinly sliced (optional) |
| MON/THU | Green onions (for serving + 4 sliced) |
| TUE | 2 limes |
| TUE | 1 avocado |
| TUE/THU | Fresh cilantro (¼ cup + ¼ cup) |
| WED | ½ large yellow onion |
| WED | 2 leeks, thinly sliced and rinsed |
| WED | 1½ cups English peas |
| WED | 2 cups lacinato kale, thinly sliced |
| WED | Fresh dill (½ cup) |
| WED | 4 fresh thyme sprigs |
| WED | 1 lemon (zest + juice) |
| THU | 1 large shallot |
| THU | 1-inch knob fresh ginger |
| THU | Fresh mint leaves (¼ cup) |
| THU | 2 heads butter lettuce |
| FRI | 1 fennel bulb (+ fronds for garnish) |
| FRI | 24 oz cherry tomatoes |
| FRI | Fresh tarragon (2 tbsp + 2 tsp) |
| FRI | Fresh parsley (1 tbsp) |

| DAIRY & CHEESE | |
|----------------|---|
| TUE | ½ cup crumbled cotija cheese |
| WED | 1 parmesan rind + grated parmesan for garnish |
| FRI | 8 oz fresh mozzarella, sliced thin |

| PANTRY & DRY GOODS | |
|--------------------|---|
| TUE | 8-10 flour tortillas (Siete Almond Flour) |
| THU | ¼ cup dry roasted unsalted peanuts |
| FRI | 8 oz mezze maniche or rigatoni pasta |
| FRI | 1/3 cup panko breadcrumbs |

| CANNED & JARRED GOODS | |
|-----------------------|---------------------------------------|
| TUE | 1 can chipotle peppers in adobo sauce |
| TUE | 1 tbsp creamy unsalted peanut butter |
| WED | 1 (15-oz) can cannellini beans |
| WED | 6 cups vegetable stock |
| FRI | 1 (8-oz) can tomato sauce |
| FRI | 2 tbsp tomato paste |
| FRI | 2 tbsp Calabrian chili paste |
| FRI | 2 tsp anchovy paste |

| ASIAN PANTRY & MISO | |
|---------------------|--|
| MON | 2/3 cup white miso paste (also used WED + THU) |
| MON | 1/3 cup sake |
| MON | 1/4 cup mirin |
| TUE/THU | Toasted sesame oil (1 tbsp + 1 tsp) |
| TUE | 2 tsp toasted sesame seeds |
| TUE | 1 tbsp tamari or soy sauce |
| THU | 3 tbsp coconut aminos |
| THU | 1 tbsp sriracha |

| OILS, VINEGARS & CONDIMENTS | |
|-----------------------------|----------------------------------|
| MON/TUE/THU | Avocado oil |
| WED/FRI | Extra virgin olive oil |
| WED/FRI | Dry white wine (½ cup + 2/3 cup) |
| TUE | 1 tbsp distilled white vinegar |

| SPICES & SEASONINGS | |
|---------------------|----------------------------|
| PANTRY | Kosher salt & black pepper |
| MON | ¼ cup granulated sugar |
| TUE | 1½ tsp ground cumin |
| TUE | 1 tsp paprika |
| TUE | 1 tbsp coconut sugar |
| WED | 1 tsp dried oregano |
| WED/THU | Crushed red pepper flakes |