

Dinner = Done

GROCERY LIST

THIS WEEK'S MENU				
MON	TUE	WED	THU	FRI
Shredded Kale Salad w/ Grapefruit	One-Pan Sesame Chicken & Rice	Beer-Braised Chicken Tacos ■	Creamy Linguine w/ Lemon & Pancetta	Greek Lamb Burgers ■

PROTEINS & MEAT	
TUE	2 lb boneless, skinless chicken thighs
WED	4 lb boneless, skinless chicken thighs
THU	4 oz diced pancetta
FRI	1 lb ground lamb
FRI	½ lb ground beef

PRODUCE	
MON	1 head lacinato kale
MON	1 honeycrisp apple
MON	1 grapefruit
TUE	1 small yellow onion
TUE-FRI	10 garlic cloves
TUE	1 tsp fresh ginger, grated
TUE	6 green onions
WED	1 large ripe avocado
WED	1 lime
WED	Fresh cilantro
THU/FRI	2 large shallots
THU/FRI	2 lemons (zest + juice)
FRI	1 mini cucumber
FRI	Fresh dill (1 tbsp)
FRI	2 cups romaine lettuce
FRI	1 tomato, thinly sliced
FRI	½ small red onion, thinly sliced

DAIRY & CHEESE	
MON	½ cup grated aged cheddar (Unexpected Cheddar)
THU	¾ cup heavy cream
THU	½ cup grated Pecorino Romano
FRI	½ cup plain Greek yogurt

PANTRY & DRY GOODS	
MON	½ cup dry roasted salted almonds
TUE	1 cup white jasmine rice
THU	8 oz linguine
FRI	2 pita breads, halved

CANNED & JARRED GOODS	
TUE	1½ cups chicken broth
WED	2-3 chipotle peppers in adobo
WED	3 tbsp tomato paste
WED	2 (4-oz) cans mild chopped green chiles
WED	1 (12-oz) bottle Modelo Especial
WED	Jarred jalapeño slices (¼ cup + 2 tbsp brine)

■ CINCO DE MAYO TACO BAR (optional)	
WED	Corn tortillas or lettuce cups
WED	Shredded iceberg lettuce
WED	Radishes, thinly sliced
WED	Cotija cheese
WED	Extra lime wedges

OILS, VINEGARS & CONDIMENTS	
MON	2 tbsp apple cider vinegar
MON	1 tsp Dijon mustard
MON/TUE/WED	Honey (1 tbsp + 2 tbsp)
TUE/WED/FRI	Avocado oil
MON/FRI	Extra virgin olive oil
TUE	1 tbsp toasted sesame oil
TUE	1 tbsp rice vinegar
TUE	¼ cup tamari or low-sodium soy sauce
FRI	½ tsp distilled white vinegar

SPICES & SEASONINGS	
PANTRY	Kosher salt & black pepper
MON	Smoked paprika (¼ tsp)
TUE	2 tbsp toasted sesame seeds
WED/FRI	Ground cumin (1 tsp + 1 tsp)
WED/FRI	Paprika (2 tsp + 1 tsp)
WED/FRI	Dried oregano (1½ tsp + 1½ tsp)
WED	Garlic powder (1 tsp)
WED/THU	Crushed red pepper flakes