

# Dinner = Done

## GROCERY LIST

### THIS WEEK'S MENU

**MON**  
One-Pan Salmon  
w/ Herb Butter Couscous

**TUE**  
Turkey  
Taco Soup

**WED**  
Gochujang Chicken  
Glass Noodle Skillet

**THU**  
One Pot Italian  
Shells & Cheese

**FRI**  
Grilled Lamb Chops  
w/ Arugula Pesto

#### PROTEINS

<b>MON</b>	4 center-cut salmon filets (6–8 oz each), skin removed
<b>TUE</b>	2 lbs ground turkey
<b>WED</b>	1 lb ground chicken
<b>THU</b>	1 lb mild Italian sausage
<b>FRI</b>	8–10 frenched lamb rib chops (~2 lbs)

#### PRODUCE

<b>MON–THU</b>	2 large yellow onions
<b>ALL</b>	1–2 heads of garlic (~18 cloves total)
<b>MON</b>	1 lemon (zest + wedges for serving)
<b>MON</b>	Fresh rosemary (1 tsp chopped)
<b>MON</b>	Fresh thyme (2 tsp leaves)
<b>MON/THU</b>	Flat-leaf parsley (1 tbsp + 1/2 cup)
<b>TUE</b>	1 red bell pepper (soup)
<b>TUE</b>	2 jalapeños (optional)
<b>TUE</b>	1 lime (zest + 2 tsp juice)
<b>TUE</b>	Cilantro (1/4 cup chopped)
<b>WED</b>	1 red bell pepper (skillet)
<b>WED</b>	4 scallions
<b>WED</b>	Fresh ginger (1 tbsp minced)
<b>FRI</b>	2 cups arugula (packed)
<b>FRI</b>	1 lemon (2 tbsp juice for pesto)

#### DAIRY

<b>MON</b>	2 tbsp salted butter
<b>MON/FRI</b>	Parmesan, grated (3/4 cup total)
<b>THU</b>	1/2 cup whole milk ricotta
<b>THU</b>	1/2 cup shredded sharp cheddar

#### PANTRY & DRY GOODS

<b>MON</b>	1 1/2 cups pearl (Israeli) couscous
<b>WED</b>	7 oz sweet potato glass noodles
<b>THU</b>	12 oz dried pasta shells
<b>FRI</b>	1/2 cup shelled pistachios

#### CANNED & JARRED GOODS

<b>TUE</b>	1 packet mild taco seasoning (1.31 oz)
<b>TUE</b>	1 can fire-roasted diced tomatoes (14.5 oz)
<b>TUE</b>	1 can diced green chiles (4 oz)
<b>TUE</b>	1 can pinto beans (15.5 oz)
<b>TUE</b>	1 can black beans (15.5 oz)
<b>TUE/THU</b>	Tomato paste (4 tbsp — 1 small can)
<b>THU</b>	1 can tomato sauce (14.5 oz)

#### FROZEN

<b>TUE</b>	1 cup frozen corn kernels
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#### OILS, VINEGARS & CONDIMENTS

<b>MON/THU/FRI</b>	Extra virgin olive oil
<b>TUE/WED</b>	Avocado oil
<b>WED</b>	Coconut aminos (1/4 cup)
<b>WED</b>	Rice vinegar (1 tbsp)
<b>WED</b>	Honey (2 tbsp)
<b>WED</b>	Toasted sesame oil (2 tsp)
<b>WED</b>	Gochujang (2 tbsp)
<b>THU</b>	Red wine vinegar (2 tbsp)
<b>MON</b>	Dry white wine (1/2 cup)

#### BROTHS & LIQUIDS

<b>MON/TUE/WED</b>	Chicken broth (6 1/2 cups total)
<b>THU</b>	Low-sodium beef broth (2 1/2 cups)

#### SPICES & SEASONINGS

<b>PANTRY</b>	Kosher salt & black pepper
<b>MON/THU</b>	Onion powder
<b>MON</b>	Garlic powder
<b>THU</b>	Dried oregano (1 1/2 tsp)
<b>TUE/WED/THU</b>	Crushed red pepper flakes
<b>WED</b>	Tapioca flour (1 tbsp)
<b>WED</b>	Toasted sesame seeds (garnish)