

Dinner = Done

GROCERY LIST

THIS WEEK'S MENU				
MON	TUE	WED	THU	FRI
Thai Basil Chicken Cups	Mexican Chopped Salad	Oven-Roasted Shrimp Scampi	Chipotle Beef Burrito Bowls	Greek Chicken + Horiatiki Salad

PROTEINS & SEAFOOD	
MON	1 lb ground chicken breast
TUE	6 oz cured chorizo
WED	1 lb large shrimp, peeled and deveined
THU	3 lb boneless chuck roast
FRI	1½ lb boneless, skinless chicken breasts

PRODUCE	
MON	2 shallots
MON	½ red bell pepper
MON	2-6 bird's eye chili peppers
MON	2 green onions
MON	1 cup fresh basil leaves
MON	1 head butter lettuce
ALL	18 garlic cloves (1-2 heads)
MON/TUE	2 limes (juice)
TUE	1 large shallot
TUE	1 large head romaine lettuce
TUE	1 large bunch lacinato kale
TUE	1 cup rainbow radishes
TUE	1 Fresno chile (optional)
TUE	1 large avocado
WED	1 large shallot
WED	Fresh parsley
WED/FRI	2 lemons
THU	Fresh cilantro (optional, for serving)
FRI	3 medium vine ripe tomatoes
FRI	½ small red onion
FRI	½ medium cucumber
FRI	1 small green bell pepper

DAIRY & CHEESE	
TUE	3 oz cotija cheese, crumbled
WED	1/3 cup grated Parmesan (optional)
FRI	3 oz feta cheese

PANTRY & DRY GOODS	
TUE	¼ cup toasted pepitas
WED	8 oz gluten-free linguine
THU	4 bay leaves

CANNED & JARRED GOODS	
TUE	1 (14.5-oz) can chickpeas
TUE	½ cup jarred peppadew peppers
THU	1 can chipotle chiles in adobo
THU	½ cup low-sodium beef broth
THU	¼ cup salsa verde
FRI	¼ cup pitted Kalamata olives

BURRITO BOWL BAR (optional)	
THU	4 cups prepared or cilantro rice
THU	2 cups frozen fire roasted corn
THU	Guacamole
THU	Pico de gallo
THU	Hot sauce

OILS, VINEGARS & CONDIMENTS	
MON/FRI	Avocado oil
TUE/WED/FRI	Extra virgin olive oil
TUE/FRI	Red wine vinegar
WED	½ cup dry white wine
MON	2 tbsp fish sauce
TUE	1 tsp honey
THU	2 tbsp apple cider vinegar
FRI	Dijon mustard

SPICES & SEASONINGS	
PANTRY	Kosher salt & black pepper
TUE	Smoked paprika (½ tsp)
TUE	Garlic powder (½ tsp)
TUE/THU/FRI	Dried oregano
TUE	Cayenne pepper (optional)
WED/THU	Crushed red pepper flakes
THU/FRI	Ground cumin (2 tsp + ¼ tsp)