

Dinner = Done

GROCERY LIST

THIS WEEK'S MENU				
MON	TUE	WED	THU	FRI
Chili Crisp Chicken Bowls	Crunchy Baked Beef Tacos	Sriracha Chicken Stir-Fry	Pesto Unstuffed Shells	Pepperoncini Chicken Sandwiches

PROTEINS & MEAT	
MON	1 lb boneless, skinless chicken thighs
TUE	1 lb ground beef
WED	1½ lb boneless, skinless chicken breasts
FRI	4 small boneless, skinless chicken breasts

PRODUCE	
MON	3 Persian or mini cucumbers
MON/WED	7 green onions
MON/TUE	Fresh cilantro
MON	Fresh Thai basil
MON	Fresh mint
MON/TUE	2 limes
TUE	1 roma tomato
TUE/FRI	1 small head iceberg lettuce
WED	1 small white onion
WED	1-2 large carrots
WED	1/2 head green cabbage
THU	Fresh basil
THU	1 lemon
ALL	5 garlic cloves

DAIRY & CHEESE	
TUE	1 cup shredded sharp cheddar
THU	1 cup whole milk ricotta
THU	1 cup shredded mozzarella
THU	3/4 cup grated Parmesan
FRI	4 slices provolone cheese
FRI	2 tbsp unsalted butter

PANTRY & DRY GOODS	
MON	Prepared brown rice
TUE	8 corn or flour tortillas
WED	1/2 cup dry roasted unsalted peanuts
THU	1 lb jumbo shell pasta
THU	3/4 cup panko breadcrumbs
THU	1/2 cup toasted pine nuts
FRI	4 brioche burger buns

CANNED & JARRED GOODS	
TUE	1 (4-oz) can diced green chiles
TUE	1 tbsp tomato paste
WED	1/4 cup low-sodium chicken broth
THU	1 cup basil pesto (store-bought)
FRI	Sliced pepperoncini (+ whole for serving)

OILS, VINEGARS & CONDIMENTS	
MON/TUE/WED	Avocado oil
THU	Extra virgin olive oil
MON/WED	Rice vinegar
MON	Fly By Jing Sichuan Chili Crisp
WED	1/4 cup coconut aminos
WED	1/4 cup sriracha (Yellowbird)
WED	1 tbsp honey
WED	1 tsp toasted sesame oil
FRI	1/4 cup mayonnaise
FRI	Whole grain Dijon mustard
TUE	Hot sauce (for serving)

SPICES & SEASONINGS	
PANTRY	Kosher salt & black pepper
MON	2 tbsp toasted sesame seeds
TUE	Chili powder (1/2 tsp)
TUE	Garlic powder (1/2 tsp)
TUE	Onion powder (1/2 tsp)
TUE	Ground cumin (1/2 tsp)
TUE/THU	Dried oregano
THU	Paprika (1 tsp)
WED	Tapioca flour (2 tbsp)
WED	Baking soda (1/2 tsp)