

Dinner = Done

GROCERY LIST

THIS WEEK'S MENU				
MON	TUE	WED	THU	FRI
Monterey Melt Smash Burgers	Italian Chop Salad	Pan-Roasted Chicken w/ Tomatoes & Feta	Lemongrass Pork Bowls	Salmon & Cherry Tomato Puttanesca

PROTEINS & SEAFOOD	
MON	1½ lbs ground beef
TUE	6 oz sliced genoa salami
WED	4 boneless, skinless chicken breasts (about 2 lbs)
THU	3½ lbs boneless pork shoulder
FRI	Four 6-oz salmon filets, skin off

PRODUCE	
MON	2 medium poblano peppers
MON	1 small yellow onion
MON	1 jalapeño
MON/WED	Fresh dill fronds
MON/FRI	Fresh flat-leaf parsley
TUE/WED/FRI	About 2½ lbs cherry tomatoes
TUE	1 large head romaine lettuce
TUE	4 cups baby arugula
TUE/THU	1 red onion
THU	1 Fresno chile
THU	1 cup matchstick carrots
THU	4 cups shredded green cabbage
THU	2 stems lemongrass
THU	1-inch piece fresh ginger
THU	3 limes
THU	Fresh mint
THU	Fresh cilantro
FRI	1 large shallot
FRI	Fresh basil
WED/FRI	2 lemons
ALL	14 garlic cloves (1-2 heads)

DAIRY & CHEESE	
MON	1 cup plain Greek yogurt
MON	4 slices American cheese
MON	4 slices Monterey jack cheese
MON	2 tbsp salted butter
TUE	2 tbsp grated Parmesan
TUE	3 oz sliced provolone (optional)
WED	2 oz feta cheese

PANTRY & DRY GOODS	
MON	4 soft white burger buns
TUE	1 (15-oz) can garbanzo beans
WED	1/4 cup cassava flour
THU	Cauliflower rice or jasmine rice (for serving)
FRI	8 oz gluten-free brown rice linguine

CANNED & JARRED GOODS	
TUE	1 jar sliced pepperoncini (+ brine)
TUE	1/2 cup sweet n' tangy pepper drops
WED/THU	Low-sodium chicken broth
FRI	1 cup pitted kalamata olives
FRI	2 tbsp capers

OILS, VINEGARS & CONDIMENTS	
MON/THU	Avocado oil
PANTRY	Extra virgin olive oil
MON	2 tbsp yellow mustard
MON	1 tbsp distilled white vinegar
TUE	2 tbsp white wine vinegar
THU	3/4 cup rice vinegar
THU	About 2/3 cup coconut aminos
THU	3 tbsp fish sauce
THU	1/2 cup avocado oil mayo
THU	2 tbsp sriracha (Yellowbird)
THU	3 tbsp coconut sugar
FRI	1 tbsp balsamic vinegar

SPICES & SEASONINGS	
PANTRY	Kosher salt & black pepper
MON	Onion powder (1/2 tsp)
TUE	Italian seasoning (2 tsp)
THU	Garlic powder (2 tsp)
FRI	Crushed red pepper flakes