

GROCERY LIST



Optional sides and protein options not included

Produce

- yellow onion (1)
- garlic bulb (1-2)
- jalapeno (1)
- sweet potato (4)
- romaine lettuce (1 head)
- avocado (2)
- asparagus (12 oz)
- kale leaves (1 lb bag)
- lemon (4)
- apples (2 lbs - about 6 large)

Fresh Herbs *optional*

- parsley (1 bunch)
- cilantro (1 bunch)

Refrigerated

Dairy

- grated parmesan cheese (5 oz tub)*
- shaved parmesan cheese (5 oz tub)*
- shredded Monterrey Jack cheese (8oz bag)
- sour cream (8 oz tub)
- Greek yogurt (sm tub)
- half and half (1 pint)
- eggs (up to dozen)**
- unsalted butter (2 sticks)

Frozen

- frozen corn (10 oz bag)
- vanilla ice cream *for serving apple crisp*

Meat/Seafood

- boneless skinless chicken cutlets (1 lb)
- boneless skinless chicken thighs (1 1/2 lbs)
- salmon fillets (1 1/2 lbs)
- large shrimp (1 lb)

Pantry

- olive oil (1 cup)
- chicken broth (15 oz can)
- brown rice (16 oz)
- cavatappi pasta (16 oz)
- Panko breadcrumbs (8 oz can)*
- white beans (3 - 15 oz cans)
- green diced chiles (2 - 4 oz cans)
- pumpkin puree (15 oz can)
- mayonnaise (sm jar)**
- Dijon mustard (sm bottle)**
- capers (sm jar)**
- arrowroot starch (sm bag)*
- light brown sugar (sm bag)**
- granulated sugar (2 tbsp)**
- chopped pecans (sm bag)
- rolled oats (3/4 cup)**

Bakery

- French bread (1 loaf)

Spices

- thyme
- garlic powder
- paprika
- cumin
- Mexican oregano
- chili powder
- nutmeg
- crushed red pepper flakes
- cinnamon

Ingredient notes

*One container of this ingredient can be used for many more recipes!

**This week's recipes call for small amount of these items which you may have on hand.