

November 9 - 13 Shopping List

Produce

- ☐ 2 onions – Soup, Lasagne
- ☐ 8 cloves garlic – Soup, Gnocchi, Tostada
- ☐ 1 tablespoon ginger – Stir Fry
- ☐ 7–9 scallions – Stir Fry, Tostada
- ☐ 2 medium zucchini – Lasagne
- ☐ 3 limes – Tostada
- ☐ 3 avocados – Tostada
- ☐ Diced tomato – Tostada
- ☐ ¼ cup chopped fresh parsley or cilantro – Soup
- ☐ 2 tablespoons chopped fresh cilantro – Tostada
- ☐ 1 5-ounce package baby spinach – Gnocchi
- ☐ 2 tablespoons chopped fresh oregano – Lasagne
- ☐ Fresh oregano – Lasagne

Pantry

- ☐ 1 ½ cups dried chickpeas – Soup
- ☐ 4 cups water – Soup
- ☐ 1 (15-ounce) can no-salt-added diced tomatoes – Soup
- ☐ 1 can (28 ounces) whole peeled plum tomatoes, with juice – Lasagne
- ☐ 2 tablespoons tomato paste – Soup
- ☐ 1 bay leaf – Soup
- ☐ 4 teaspoons ground cumin + ¼ teaspoon – Soup, Tostada
- ☐ 4 teaspoons paprika – Soup
- ☐ ¾ teaspoon cayenne pepper – Soup, Tostada
- ☐ ¼ teaspoon ground pepper – Soup
- ☐ 1 ½ teaspoons salt – Soup, Lasagne
- ☐ Kosher salt – Tostada
- ☐ ½ teaspoon sesame oil – Stir Fry
- ☐ 3 teaspoons soy sauce – Stir Fry
- ☐ 2 teaspoons hoisin sauce – Stir Fry
- ☐ 1 teaspoon hot water – Stir Fry

- ☐ 1/8 teaspoon white pepper – Stir Fry
- ☐ 4 tablespoons cornstarch – Stir Fry
- ☐ ¼ cup vegetable or canola oil – Stir Fry
- ☐ 3 tablespoons vegetable oil – Tostada
- ☐ 2 tablespoons Shaoxing wine – Stir Fry
- ☐ 1 1/2 teaspoons dried Italian seasoning – Gnocchi
- ☐ 1/3 cup drained and chopped sun-dried tomatoes in oil – Gnocchi
- ☐ 2 tablespoons oil from sun-dried tomato jar – Gnocchi
- ☐ 1 cup chicken stock – Gnocchi
- ☐ 2 dried ancho chiles – Tostada
- ☐ 1/2 teaspoon dried oregano – Tostada
- ☐ 12 corn tortillas – Tostada
- ☐ 3 tablespoons extra-virgin olive oil – Lasagne
- ☐ Freshly ground pepper – Lasagne

Protein

- ☐ 2 pounds bone-in chicken thighs – Soup
- ☐ 4 4-ounce chicken breast cutlets – Gnocchi
- ☐ 1 pound flank steak – Stir Fry
- ☐ 12 ounces ground turkey – Lasagne
- ☐ 1 1/2 pounds medium shrimp – Tostada

Dairy

- ☐ 3/4 cup heavy cream – Gnocchi
- ☐ 1 ounce Parmesan cheese – Gnocchi
- ☐ 1 cup part-skim ricotta cheese – Lasagne
- ☐ Sour cream – Tostada

Canned Goods

- ☐ 1 (14-ounce) can artichoke hearts – Soup
- ☐ ¼ cup halved pitted oil-cured olives – Soup

Pasta & Grains

- ☐ 1 16-ounce package potato gnocchi – Gnocchi