

October 26 - 30 Shopping List

PRODUCE

- ☐ 10 cloves garlic – Parm, Soup, Curry
- ☐ 3 onions (1 medium, 2 large) – Soup, Curry
- ☐ 1 medium jalapeño pepper – Burger
- ☐ 1 tablespoon grated fresh ginger – Curry
- ☐ 3 small plum tomatoes – Curry
- ☐ 1 pound Yukon Gold potatoes – Curry
- ☐ ¼ cup chopped fresh cilantro – Soup
- ☐ 2 tablespoons chopped green onions – Soup
- ☐ 2 medium avocados – Soup
- ☐ Chopped fresh mint – Curry
- ☐ Green beans – Salmon

PROTEIN

- ☐ 6 chicken breasts total (approx. 2½–3 lbs) – Parm, Soup
- ☐ 1 pound ground sirloin – Burger
- ☐ 2 pounds lamb stew meat – Curry
- ☐ 4 salmon fillets – Salmon
- ☐ 2 large eggs, whisked – Parm

DAIRY

- ☐ 6 tablespoons salted butter – Parm
- ☐ 16 ounces mozzarella cheese – Parm
- ☐ ½ cup shredded Monterey Jack cheese – Soup
- ☐ 3 ounces reduced-fat cream cheese – Burger
- ☐ ¾ cup shredded spicy cheese (chipotle Cheddar or pepper Jack) – Burger
- ☐ ½ cup plain whole-milk yogurt – Curry

PANTRY

- ☐ 2 cups blanched almond flour – Parm
- ☐ 2 (7-ounce) bottles tomato paste – Parm
- ☐ 3¼ cups water – Parm, Soup
- ☐ 1 teaspoon herbes de provence – Parm

- ☐ 2 tablespoons olive oil – Soup, Salmon
- ☐ ¼ cup Dijon mustard – Salmon
- ☐ 2 tablespoons honey – Salmon
- ☐ 4 teaspoons dried marjoram – Salmon
- ☐ Salt and ground black pepper – Salmon, Curry
- ☐ Kosher salt – Burger, Curry
- ☐ ¼ cup vegetable oil – Curry
- ☐ 4 green cardamom pods – Curry
- ☐ 1 (28-ounce) can crushed tomatoes – Soup
- ☐ 1 (10.5-ounce) can condensed chicken broth – Soup
- ☐ 2 teaspoons chili powder – Soup
- ☐ 1 teaspoon dried oregano – Soup
- ☐ 1 (15-ounce) can black beans – Soup
- ☐ 1 cup white hominy – Soup
- ☐ 1 (4-ounce) can chopped green chile peppers – Soup
- ☐ ½ cup crushed tortilla chips – Soup
- ☐ 1 1-inch piece cinnamon stick – Curry
- ☐ 1 whole clove – Curry
- ☐ 2 teaspoons ground coriander – Curry
- ☐ 1½ teaspoons ground cumin – Curry
- ☐ 1 teaspoon Kashmiri chili powder or hot paprika – Curry
- ☐ ½ teaspoon ground turmeric – Curry
- ☐ Cooked basmati rice, for serving – Curry
- ☐ ¼ cup ketchup – Burger

FROZEN

- ☐ 1 cup whole corn kernels, cooked – Soup
- ☐ 1 cup frozen peas – Curry

BAKERY

- ☐ 4 whole-wheat hamburger buns – Burger