

October 5 - 9 Shopping List

Shopping List:

Protein

- ☐ 1 pound ground chicken (Meatballs)
- ☐ 1 large egg (Meatballs)
- ☐ 1 pound boneless, skinless chicken thighs, trimmed (Chicken)
- ☐ 1 1/2 pounds skinless salmon fillet, cut into 4 pieces (Salmon)
- ☐ 1 boneless pork shoulder roast, 3 1/2 pounds; Boston butt (Carnitas)
- ☐ 1 14-ounce package extra firm tofu (Bowl)

Grains

- ☐ 2 cups cooked black forbidden rice, or other grain (Bowl)
- ☐ 12 corn tortillas, 6 inch (Carnitas)

Produce

- ☐ 2 shallots, finely minced (Meatballs)
- ☐ 2 tablespoons finely minced parsley, divided (Meatballs)
- ☐ 1 1/2 tablespoons fresh lemon juice (Meatballs)
- ☐ Asparagus (Meatballs)
- ☐ 1 medium yellow onion, thinly sliced (Chicken)
- ☐ Chopped fresh parsley, for garnish (Chicken)
- ☐ 1 pound Brussels sprouts, trimmed and halved (Salmon)
- ☐ 1 large red onion, cut into 1-inch wedges, stem ends left intact (Salmon)
- ☐ Lemon wedges, for serving (Salmon)
- ☐ Pico de gallo, store-bought or homemade (Carnitas)
- ☐ 1 mango, cubed (Bowl)
- ☐ 1 scallion, sliced (Bowl)
- ☐ 1 cup shredded red cabbage (Bowl)
- ☐ A few radishes, thinly sliced (Bowl)
- ☐ 1/2 cup chopped cucumber (Bowl)
- ☐ 1 avocado, pitted and diced (Bowl)
- ☐ Lime slices (Bowl)
- ☐ 2 teaspoons lime juice (Bowl)

- ☐ Handful of chopped cilantro (or basil or mint) (Bowl)
- ☐ Optional - minced garlic and/or ginger (Bowl)

Pantry

- ☐ 1 teaspoon kosher salt (Meatballs)
- ☐ 1/2 teaspoon freshly ground black pepper (Meatballs)
- ☐ 1/4 teaspoon garlic powder (Meatballs)
- ☐ 1 cup seasoned bread crumbs, divided (Meatballs)
- ☐ 3 tablespoons olive oil, plus more as needed (Meatballs)
- ☐ 1/4 cup white wine (Meatballs)
- ☐ 1 1/4 cups chicken stock (Meatballs)
- ☐ 1/2 teaspoon salt (Chicken)
- ☐ 1/2 teaspoon ground pepper (Chicken)
- ☐ 2 tablespoons extra-virgin olive oil, divided (Chicken)
- ☐ 1/4 cup dry white wine (Chicken)
- ☐ 1 tablespoon Dijon mustard (Chicken)
- ☐ 2 tablespoons olive oil (Salmon)
- ☐ Kosher salt (Salmon)
- ☐ Black pepper (Salmon)
- ☐ 2 tablespoons pure maple syrup (Salmon)
- ☐ 2 tablespoons whole-grain mustard (Salmon)
- ☐ 5 tablespoons grapeseed or other neutral-flavored oil, divided (Carnitas)
- ☐ 1 1/2 teaspoons kosher salt (Carnitas)
- ☐ 1 tablespoon pepper (Carnitas)
- ☐ 1 cup reduced-sodium chicken broth (Carnitas)
- ☐ 1 tablespoon adobo sauce from canned chipotle chiles (Carnitas)
- ☐ 1 teaspoon achiote paste (Carnitas)
- ☐ 4 wide strips orange zest (Carnitas)
- ☐ Drizzle of olive oil (Bowl)
- ☐ Drizzle of tamari (Bowl)
- ☐ 1/3 cup coconut milk, full fat or light (Bowl)
- ☐ 2 tablespoons peanut butter (Bowl)
- ☐ 2 teaspoons soy sauce (Bowl)
- ☐ 1 teaspoon sriracha (Bowl)

Dairy

- ☐ 1/4 cup freshly grated Parmesan cheese (Meatballs)
- ☐ 1/4 cup half and half (Meatballs)
- ☐ 3 tablespoons cold butter, cut into cubes (Meatballs)
- ☐ 1/4 cup heavy cream (Chicken)

Condiments

- ☐ 2 tablespoons capers, divided (Meatballs)
- ☐ 1 tablespoon capers, rinsed (Chicken)