

Sept 7 - 11 Shopping List

Produce

- ☐ 1/2 cup sliced red onion — Sweet Potato
- ☐ 1/3 cup chopped cilantro — Sweet Potato
- ☐ 1 small onion — Gnocchi
- ☐ 6 garlic cloves; 3 cloves garlic; 1 garlic clove — Gnocchi, Chili, Taco, BLT
- ☐ 1 pound cherry tomatoes — Gnocchi
- ☐ 1 zucchini (8 ounces) — Gnocchi
- ☐ 1 green bell pepper — Gnocchi
- ☐ Chopped fresh mint or basil — Gnocchi
- ☐ 1/2 bunch fresh basil — BLT
- ☐ 2 tablespoons fresh dill — BLT
- ☐ 2 medium heirloom tomatoes (about 8–12 slices) — BLT
- ☐ 2 cups mixed greens — BLT
- ☐ 2 tablespoons chopped fresh cilantro — Taco
- ☐ 1 white onion — Taco
- ☐ 2 (4-ounce) cans sliced green chile peppers — Taco
- ☐ 2 bunches fresh spinach (about 1 pound) — Taco
- ☐ 1 large onion — Chili
- ☐ 3 stalks celery — Chili
- ☐ 1 (14.5-ounce) can fire-roasted diced tomatoes — Chili
- ☐ Thawed frozen fire-roasted corn — Chili
- ☐ Sliced scallions — Chili

Protein

- ☐ 3 medium chicken breasts — Sweet Potato
- ☐ 8 slices bacon — BLT
- ☐ 1 1/2 pounds skinless boneless chicken breasts — Chili

Pantry

- ☐ 2 tbsp avocado oil or olive oil — Sweet Potato
- ☐ 3/4 cup chicken broth — Sweet Potato
- ☐ 8 ounces or more BBQ sauce — Sweet Potato

- ☐ 1 pound shelf-stable gnocchi — Gnocchi
- ☐ 6 tablespoons extra-virgin olive oil; 2 tablespoons extra-virgin olive oil — Gnocchi, Chili
- ☐ 1 1/2 teaspoons table salt — Gnocchi
- ☐ 1 teaspoon pepper — Gnocchi
- ☐ 1 teaspoon dried oregano — Gnocchi
- ☐ 1/2 cup mayonnaise — BLT
- ☐ 8 slices bread — BLT
- ☐ 1 tablespoon vegetable oil — Taco
- ☐ 1/2 teaspoon ground cumin — Taco
- ☐ Salsa verde — Taco
- ☐ 2 teaspoons chili powder — Chili
- ☐ 2 (14.5-ounce) cans pinto beans — Chili
- ☐ 2 cups low-sodium chicken broth — Chili
- ☐ 2/3 cup Buffalo sauce — Chili
- ☐ Crushed tortilla chips — Chili

Dairy

- ☐ 1 1/2 ounces feta cheese, crumbled (1/3 cup) — Gnocchi
- ☐ 18 ounces ricotta (preferably fresh) — Taco
- ☐ 3 ounces cream cheese — Chili
- ☐ Crumbled blue cheese — Chili
- ☐ Shredded pepper Jack cheese — Chili