

September 21 - 25 Shopping List

Shopping List:

Produce

- ☐ 1/2 small red onion (Burgers/Salad)
- ☐ 2 1/2 Tbsp fresh lemon juice (Burgers/Salad)
- ☐ 1 3/4 lbs mixed color heirloom tomatoes (Burgers/Salad)
- ☐ 1 head iceberg lettuce (Burgers/Salad)
- ☐ Whole green chiles in a can (Burgers)
- ☐ Tomato (Burgers/Salad)
- ☐ Lettuce (Burgers/Salad)
- ☐ 3 carrots, thinly bias-sliced (Shrimp)
- ☐ 3 cups broccoli florets (Shrimp)
- ☐ 1 cup snow peas, trimmed (Shrimp)
- ☐ 1 Tbsp fresh ginger, grated (Shrimp)
- ☐ 2 cloves garlic, minced (Shrimp)
- ☐ 1 orange (Shrimp)
- ☐ Fresh cilantro (Shrimp optional, Enchiladas)
- ☐ 1 yellow onion (Enchiladas)
- ☐ 1 poblano chile (Enchiladas)
- ☐ 1 cup fresh or frozen corn kernels (Enchiladas)
- ☐ 3 garlic cloves, minced (Chicken)
- ☐ 1 1/2 tsp fresh thyme or 3/4 tsp dried thyme (Chicken)
- ☐ 1/2 tsp fresh rosemary or 1/4 tsp dried rosemary (Chicken)
- ☐ 1 pound baby red potatoes, halved (Chicken)
- ☐ 1 medium lemon, sliced (Chicken)
- ☐ 2 Tbsp minced fresh parsley (Chicken)
- ☐ 2 pints cherry/grape/sungold tomatoes, halved (Spaghetti)
- ☐ 1 small clove garlic, minced (Spaghetti)
- ☐ 1 handful fresh basil, torn (Spaghetti)

Dairy

- ☐ 1/2 cup sour cream (Burgers/Salad, Enchiladas)
- ☐ 1/4 cup mayonnaise (Burgers/Salad)

- ☐ 3 oz blue cheese, crumbled (Burgers/Salad)
- ☐ Extra sharp cheddar cheese, sliced (Burgers)
- ☐ 6 oz Monterey Jack cheese, shredded (Enchiladas)
- ☐ 1/4 cup grated Parmesan cheese, plus more for garnish (Spaghetti)
- ☐ 1/4 cup grated Pecorino Romano cheese (Spaghetti)

Protein

- ☐ 4 slices applewood smoked bacon (Burgers/Salad)
- ☐ 1 pound ground beef, 85–90% lean (Burgers)
- ☐ 1 1/2 lb medium shrimp (Shrimp)
- ☐ 6 bone-in chicken thighs (Chicken)
- ☐ 6 chicken drumsticks (Chicken)

Pantry

- ☐ 2 Tbsp white wine vinegar (Burgers/Salad)
- ☐ Worcestershire sauce (Burgers/Salad)
- ☐ Kosher salt (Burgers/Salad, Enchiladas, Spaghetti)
- ☐ Pepper (Burgers/Salad, Chicken, Spaghetti)
- ☐ Flaky sea salt (Burgers/Salad)
- ☐ BBQ sauce (Burgers)
- ☐ Buns (Burgers)
- ☐ 2 Tbsp canola oil (Shrimp, Enchiladas)
- ☐ 2 Tbsp reduced-sodium soy sauce (Shrimp)
- ☐ 1 Tbsp fish sauce (Shrimp)
- ☐ 1/4 tsp black pepper (Shrimp)
- ☐ 1/4 tsp crushed red pepper (Shrimp)
- ☐ 2 tsp ground cumin (Enchiladas)
- ☐ 1 4.5 oz can chopped green chiles, drained (Enchiladas)
- ☐ 1 15 oz can black beans, drained & rinsed (Enchiladas)
- ☐ 1 1/3 cups tomatillo salsa or salsa verde (Enchiladas)
- ☐ 8 6-in corn tortillas (Enchiladas)
- ☐ 1/4 cup olive oil (Chicken)
- ☐ 2 Tbsp lemon juice (Chicken)
- ☐ 1/4 cup extra-virgin olive oil, plus more as needed (Spaghetti)
- ☐ 1 pound thin or regular spaghetti (Spaghetti)

Frozen

☐ Frozen French Fries (Burgers/Salad)