

March 8 - 12 Shopping List

PRODUCE

- 2 medium carrots (Stew)
- 2 medium onions (Stew, Enchiladas)
- 1 red onion (Fajitas)
- 1 small red onion (Chicken)
- 1 English cucumber (Shrimp Bowl)
- 2 Persian cucumbers (Chicken)
- 1 small sweet red pepper (Enchiladas)
- 1 red bell pepper (Fajitas)
- 1 yellow bell pepper (Fajitas)
- 1 large sweet potato (Enchiladas)
- 4 cups Tuscan kale (Stew)
- 1/2 small red cabbage, about 9 oz (Chicken)
- 1 kosher dill pickle (Chicken)
- 1 lemon (Chicken)
- 1 medium avocado (Shrimp Bowl)
- Cubed avocado (optional – Enchiladas)
- 1/4 cup fresh cilantro (Enchiladas)
- 2 tablespoons flat-leaf parsley (Chicken)
- 1 tablespoon dill fronds (Chicken)
- Thinly sliced scallion (optional – Shrimp Bowl)

MEAT / SEAFOOD

- 2 1/4 lb boneless skinless chicken thighs (Chicken)
- 1 1/2 lb flank steak (Fajitas)
- 1 lb large shrimp, peeled and deveined (Shrimp Bowl)

DAIRY

- 2 tablespoons plain Greek yogurt (Chicken)
- 2 tablespoons grated Parmesan cheese (Stew)
- 2 cups shredded Monterey Jack cheese (Enchiladas)
- Sour cream (optional – Enchiladas)

GRAINS & BREAD

- 6 pocketless pitas or flatbreads (Chicken)

- 6 slices crusty whole-wheat bread (Stew)
- 12 corn tortillas, 6-inch (Enchiladas)
- Flour or corn tortillas (Fajitas)
- 1 1/2 cups sushi rice (Shrimp Bowl)

CANNED & JARRED

- 2 cans no-salt-added white beans, 15 oz each (Stew)
- 1 can no-salt-added diced tomatoes, 28 oz (Stew)
- 1 cup unsalted tomato sauce (Stew)
- 4 cups low-sodium vegetable broth (Stew)
- 1 can black beans, 15 oz (Enchiladas)
- 1 can enchilada sauce, 15 oz (Enchiladas)
- 1/4 cup pickled red onion (Shrimp Bowl)
- 1 package sea-salt-roasted seaweed snacks, 0.16 oz (Shrimp Bowl)

PANTRY

- 5 cloves garlic (Chicken, Stew, Fajitas)
- 3 tablespoons olive oil (Chicken)
- 2 tablespoons olive oil (Fajitas)
- 2 tablespoons vegetable oil (Fajitas)
- 3 tablespoons shawarma seasoning (Chicken)
- 2 tablespoons double concentrated tomato paste (Chicken)
- 1 tablespoon tomato paste (Stew)
- 2 tablespoons seasoned rice vinegar (Shrimp Bowl)
- 1 1/2 teaspoons toasted sesame oil (Shrimp Bowl)
- 3 1/2 tablespoons mayonnaise (Shrimp Bowl)
- 1/4 cup mayonnaise (Chicken)
- 1 1/2 teaspoons sriracha (Shrimp Bowl)
- 1 1/2 tablespoons distilled white vinegar (Chicken)
- 1 teaspoon sugar (Chicken)
- 2 1/2 teaspoons kosher salt (Shrimp Bowl, Fajitas)
- 1 teaspoon salt (Stew)
- 1 teaspoon chili powder (Fajitas)
- 1 1/2 teaspoons cumin (Fajitas, Enchiladas)
- 1/2 teaspoon garlic powder (Enchiladas)
- 1/2 teaspoon ground coriander (Enchiladas)
- 1 teaspoon smoked paprika (Stew, Enchiladas)
- 1/2 teaspoon dried oregano (Stew)

- 1/2 teaspoon dried thyme (Stew)
- 1/2 teaspoon ground black pepper (Fajitas, Enchiladas)
- 1 tablespoon za'atar (optional – Stew)
- Hot sauce (optional – Chicken, Enchiladas)
- Salsa (optional – Enchiladas)
- Toasted sesame seeds (optional – Shrimp Bowl)