

This week's SHOPPING LIST

Produce

- ☐ 12 cloves garlic
- ☐ 2 red onions
- ☐ 1 yellow onion
- ☐ 2 lbs cherry or grape tomatoes
- ☐ 1 lb roma tomatoes
- ☐ 1 small cucumber
- ☐ 1 medium zucchini
- ☐ 1 green bell pepper
- ☐ 1 large carrot
- ☐ ½ cup basil
- ☐ 1 bunch parsley
- ☐ ⅓ cup Kalamata olives
- ☐ 1 large russet potato
- ☐ 1 medium lemon

Meat & Dairy

- ☐ 8 oz fresh mozzarella
- ☐ ¼ cup Parmesan cheese
- ☐ ½ cup crumbled feta cheese
- ☐ 1 cup heavy cream
- ☐ 2 tbsp butter
- ☐ 2 chicken breasts
- ☐ 1 lb ground beef
- ☐ 1 lb jumbo raw shrimp

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Pantry & Canned Goods

- ☐ 4 oz ciabatta or crusty sourdough bread
 - ☐ ¼ cup sun-dried tomatoes in oil
 - ☐ 2 tbsp tomato paste
 - ☐ 12-14 oz artichoke hearts
 - ☐ 1 box rigatoni pasta
 - ☐ ¼ cup all-purpose flour
 - ☐ 3 cups chicken broth
 - ☐ 3 tbsp red wine vinegar
 - ☐ Brown rice
 - ☐ Olive oil
 - ☐ Vegetable oil
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Spices & Seasonings

- ☐ Salt
 - ☐ Pepper
 - ☐ Oregano
 - ☐ Italian seasoning
 - ☐ Chili powder
 - ☐ Cumin
 - ☐ Cinnamon
 - ☐ Crushed red pepper
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Optional / Nice-to-Have

- ☐ Warm tortillas
- ☐ Fresh cilantro

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