



Shopping List

(M) Chicken Nuggets & Honey Glazed Carrots (T) Curry-Style Fish & Lime Coconut Rice (W) Korean-Style Short Ribs with Cabbage & Rice (Th) Chicken Panzanella (F) Baked Potato Soup with Simple Salad

Meat / Seafood	Quantity	Notes
Chicken breasts (boneless, skinless)	4	about 2-1/2 lbs
Fish fillets (boneless, skinless, 1" thick)	1-1/4 pounds	any variety
Beef short ribs	2 pounds	cross cut into 1" thick slabs
Uncured bacon	8 ounces	* optional *

Vegetables & Fruit	Quantity	Notes
fresh ginger	2" piece	
carrots, medium	8	
red onions, medium	2	
fresh chives	1 bunch	
small potatoes (dutch baby or new)	2 pounds	
grape or cherry tomatoes	2 pints	
celery stalks	3	
napa cabbage	1 head	
baby arugula	4 ounces	about 8 cups, lightly packed
limes	3	
navel oranges	3	

Dairy	Quantity	Notes
parmesan cheese, grated	3/4 cup	about 3 ounces
raw milk cheddar cheese, shredded	1 cup	
egg, large	1	

Bakery/Misc	Quantity	Notes
whole wheat baguette	1	
sesame oil	2 Tablespoons	
coconut milk	2-1/2 cups	

Pantry Essentials	Quantity	Pantry Essentials	Quantity
olive oil	1/3 cup + 5 Tblsp	dried oregano	5 teaspoons
grapeseed oil	3 Tablespoons	herbes de provence	1/2 teaspoon
balsamic vinegar	1/4 cup	ground cumin	1 teaspoon
white wine vinegar	2 Tablespoons	raw honey or 100% maple syrup	3 Tablespoons
chicken or veggie broth: low sodium	4 cups	organic tomato paste	
garlic	7 cloves	Dijon mustard or brown mustard	1 teaspoon
kosher salt	3-1/4 teaspoons	soy sauce or Braggs liquid amino acid	1/4 cup
black pepper	2-1/4 teaspoons	whole grain pasta	
cayenne pepper	3/4 teaspoon	long grain brown rice (dry)	2 cups
paprika		whole wheat flour	2 Tablespoons