

PRODUCE

- ☐ Garlic — 2 heads (about 11 cloves needed across the week)
- ☐ Lemons — 2
- ☐ Fresh rosemary — 1 sprig
- ☐ Fresh parsley — 1 small bunch, for garnish
- ☐ Fresh ginger — 1 small knob (about 1.5 tablespoons needed)
- ☐ Green onions/scallions — 1 bunch, for garnish
- ☐ Zucchini — 1-2, for serving with Monday's chicken
- ☐ Tomato — 1, for Thursday's sandwiches
- ☐ Lettuce (romaine or green leaf) — 1 head, for Thursday's sandwiches

MEAT/ PROTEIN

- ☐ Boneless, skinless chicken thighs — about 2.5 lbs total (1-1.5 lbs for Monday, 1 lb for Thursday)
- ☐ Boneless pork loin steaks — 4 steaks
- ☐ Cod fillets — 4 fillets
- ☐ Ground beef — 1 lb

DAIRY/EGGS

- ☐ Eggs — 5 total

PANTRY

- ☐ Honey — 3 tablespoons total
- ☐ Soy sauce (or coconut aminos) — about 1/2 cup total across the week
- ☐ Apple cider vinegar — 1 tablespoon
- ☐ Olive oil — for cooking, several

recipes

- ☐ Butter — 1-2 tablespoons (optional, for the cod)
- ☐ All-purpose flour — 1 cup total
- ☐ Panko breadcrumbs — about 2 1/4 cups total
- ☐ Salt — pantry staple, several recipes
- ☐ Black pepper — pantry staple, several recipes
- ☐ Paprika — about 1.5 teaspoons total
- ☐ Italian seasoning — 1/2 teaspoon
- ☐ Onion powder — 2 teaspoons total
- ☐ Garlic powder — 1/2 teaspoon
- ☐ Buffalo sauce — 1/2 cup
- ☐ Sriracha — 1 tablespoon
- ☐ Fish sauce (or oyster sauce) — 1 tablespoon
- ☐ Red pepper flakes — 1/2 teaspoon
- ☐ Sesame seeds — optional, for garnish
- ☐ Rice (jasmine or brown) — for serving with Monday and Friday
- ☐ Brioche or burger buns — 4, for Thursday's sandwiches

SMART SHOPPING NOTE

Garlic, panko breadcrumbs, and eggs each show up in three of this week's five dinners — grab a little extra of each so you're not short mid-week. Buffalo sauce and sriracha are the only true single-use specialty items; almost everything else pulls double or triple duty.