

## GROCERY LIST

The ingredients listed here are everything that you'll need for this Week of One Dish Kitchen meals, serving 1 person (sometimes with a little leftover!).

We suggest utilizing this shopping list with these easy steps:

- Each ingredient notes which night's meals the ingredient is used in (indicated in parenthesis). If you choose not to make a particular recipe this week, simply cross off the ingredients associated with that meal.
- Before heading to the grocery store, make sure you don't have the item in your pantry, refrigerator or freezer. Many of the ingredients used in this week of recipes are staples. If you already have an ingredient at home, cross that item off your shopping list.

**Eggs/Dairy**

3 Eggs (Mon, Tues)  
 Heavy cream (Mon, Thur + Dessert)  
 Gruyere cheese (Mon)  
 Cheddar cheese (Tues, Fri)  
 Butter (Wed + Dessert)  
 Parmesan cheese (Thur)  
 Whipped Cream, optional (Dessert)

**Meat/Fish**

6 slices Bacon (Mon, Tues)  
 ½ pound ground beef (Tues)  
 ¼ cup chopped prosciutto (or use bacon) – (Thur)  
 ½ cup shrimp (about 10 medium sized) – (Thur)  
 ¾ pound ground turkey (or ground beef) (Fri)

**Pantry**

Bread crumbs (Tues)  
 Ketchup (Tues)  
 Mustard (Tues)  
 Chicken broth (Wed)  
 Unsweetened coconut milk (Wed)  
 White wine (Thur)  
 Bowtie pasta (or use your favorite) (Thurs)  
 Olive oil (Thurs, Fri)  
 15-ounce can diced tomatoes (Fri)  
 Sugar (Dessert)  
 Cornstarch (Dessert)  
 Vanilla extract (Dessert)

**Spices**

Salt (Mon, Tues, Fri + Dessert)  
 Black Pepper (Mon, Tues, Fri)  
 Ground Nutmeg (Mon)  
 Garlic powder (Tues)  
 Ground cumin (Wed)  
 Ground turmeric (Wed)  
 Chili powder (Wed)  
 Ground coriander (Wed)  
 Dried basil (Fri)  
 Dried oregano (Fri)

**Produce**

½ pound carrots (Wed)  
 Ginger (Wed)  
 Cilantro leaves (optional) – (Wed)  
 1 large onion (Wed, Fri)  
 3 cloves Garlic (Thur, Fri)  
 4 green bell peppers (Fri)  
 2 cups fresh spinach (Fri)  
 Cherry tomatoes (optional) – (Thur)