

## 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 currently 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**

Fontina cheese (Mon)  
Smoked Gruyere cheese (Mon)  
Parmesan cheese (Mon)  
Shredded Cheddar cheese (Mon)  
Butter (Mon, Tues, Thurs)  
Sour cream, optional (Mon)  
Milk (Bonus recipe)  
Heavy cream (Bonus recipe)

**Meat/Fish**

1/2 cup Peeled, deveined shrimp (Tues)  
3 Chicken drumsticks (Wed)  
1 - 3 to 4 oz. Salmon fillet (Fri)

**Pantry**

Olive oil (Mon, Wed, Thurs, Fri)  
Penne pasta (Mon)  
Marinara Sauce (Mon)  
Canned diced tomatoes (Tues, Thurs)  
All-purpose flour (Tues)  
Worcestershire sauce (Tues)  
Hot sauce (Tues)  
Rice (Tues)  
BBQ sauce (Wed)  
Canned red beans (Thurs)  
Sugar (Bonus recipe)  
Unsweetened cocoa powder (Bonus recipe)  
Vanilla extract (Bonus recipe)

**Spices**

Italian Seasoning (Mon)  
Salt (Mon, Tues, Wed, Thurs, Fri)  
Black pepper (Mon, Wed, Fri)  
Cayenne pepper (Tues)  
Creole seasoning (Tues)  
Smoked paprika (Wed)  
Chili powder (Thurs)  
Cinnamon (Bonus recipe)

**Produce**

1 Medium zucchini (Mon, Fri)  
1 Small red pepper (Mon)  
1 Small Green Bell Pepper (Tues)  
2 Onions (Mon, Tues, Wed, Thurs)  
7 Cloves garlic (Mon, Tues, Wed, Thurs)  
1 Celery stalk (Tues)  
1 Carrot (Wed)  
1 Russet potato (Thurs)