

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

Butter (Mon, Fri, Bonus recipe)
Milk (Mon)
Heavy Cream (Mon, Thurs)
Shredded Cheddar cheese (Mon, Thurs)
Parmesan Cheese (Mon, Fri)
Smoked Gouda Cheese (Tues)
Feta Cheese (Wed)

Meat/Fish

4 ounces Ground Beef (Tues)
2 Chicken Breasts (Wed)
2-ounces Shrimp (Fri)

Pantry

Elbow Macaroni (Mon)
Flour (Mon, Thurs, Bonus recipe)
Lemon juice (Mon)
1 (5-ounce) can Tuna (Mon)
Breadcrumbs (Mon)
Olive Oil (Tues, Wed, Thurs, Fri)
Tomato Paste (Tues)
Pita Bread (Tues)
4-ounces Artichoke Hearts (Wed)
Chicken Broth (Wed, Thurs)
Kalamata Olives (Wed)
Fettuccine (Fri)
Sugar (Bonus recipe)
Brown Sugar (Bonus recipe)

Spices

Salt (Mon, Tues, Wed, Fri)
Black Pepper (Mon, Tues, Wed)
Nutmeg (Mon)
Dried Thyme (Mon)
Garlic Powder (Mon)
Dried Oregano (Wed)
Cumin (Thurs)
Chili Powder (Thurs)
Crushed Red Pepper Flakes (Fri)
Cinnamon (Bonus recipe)

Produce

2 Small Onions (Mon, Tues, Thurs)
1 Small Red Pepper (Tues)
6 Cloves Garlic (Tues, Wed, Thurs, Fri)
1 Small Avocado (optional - Tues)
1 Small Red Onion (Wed)
1 Small Head of Broccoli (Thurs)
1 Apple (Bonus recipe)