



High-Protein Dinners to Make in a 9" x 13" Pan

Shopping list for the week of May 20–26th, 2023

PANTRY STAPLES

- Salt
- Pepper
- Cayenne pepper
- Crushed red pepper
- Paprika
- Chili powder
- Ground cumin
- Extra-virgin olive oil
- Sesame oil
- Rice vinegar
- Soy sauce
- All-purpose flour
- White whole-wheat flour
- Granulated sugar
- Cornstarch
- Dry breadcrumbs
- Cooking spray

GROCERY

- 1 whole-wheat baguette
- 1 (12-ct.) bag corn tortillas
- 1 (11-oz.) bag corn tortilla chips

- 3 (4-oz.) cans chopped green chiles
- 1 (14.5-oz.) can fire-roasted diced tomatoes
- 1 (14-oz.) can low-fat sweetened condensed milk
- 1 (12-oz.) can low-fat evaporated milk
- 1 (15-oz.) can nonfat refried beans
- 1 (15-oz.) can no-salt-added black beans
- 1 (28-oz.) can hominy
- 1 (15-oz.) jar green enchilada sauce
- 1 (8-oz.) jar hoisin sauce
- 1 (6-oz.) can tomato paste
- 1 (24-oz.) jar lower-sodium marinara
- 1 (12-oz.) box no-boil lasagna noodles
- 2 (8-oz.) bags brown rice
- 2 (8-oz.) bottles clam juice
- 1 (10-oz.) bag frozen corn
- 1 (750-mL) bottle white wine

PRODUCE

- 2 large eggplants
- 1 medium red, orange or yellow bell pepper
- 2 jalapeño peppers
- 1 small onion
- 1 medium onion
- 1 medium shallot
- 1 broccoli crown
- 1 head savoy cabbage
- 1 head romaine lettuce
- 2 heads garlic
- 1 (5-oz.) package fresh baby spinach
- 1 (1-lb.) package strawberries
- 1 (12-oz.) package white whole mushrooms
- 2 lemons
- 1 lime
- 1 bunch fresh scallions
- 1 bunch fresh basil
- 1 bunch fresh parsley
- 1 bunch fresh oregano
- 1 bunch fresh cilantro
- 1 (2-in.) piece ginger root

DAIRY, MILK & EGGS

- 1 carton eggs
- 1 (0.5-gal) carton low-fat milk
- 1 (16-fl. oz.) bottle heavy whipping cream
- 1 (5-oz.) tub grated Parmesan cheese
- 1 (15-oz.) tub whole-milk ricotta cheese
- 1 (8-oz.) bag Mexican-style cheese blend
- 1 (8-oz.) bag low-moisture part-skim mozzarella cheese
- 1 (8-oz.) bag sharp Cheddar cheese
- 1 (24-oz.) tub low-fat plain Greek yogurt

MEAT, POULTRY & SEAFOOD

- 1 lb. chicken tenders
- 8-oz. 90%-lean ground beef
- 1 lb. lean ground pork
- 2 lbs. fresh medium shrimp
- 1 lb. fresh Pacific sole fillet
- 8 oz. fresh salmon fillet