



400-Calorie Dinners in 3 Steps or Less

Shopping list for the week of June 3rd-9th, 2023

PANTRY STAPLES

- Extra-virgin olive oil
- Avocado oil
- Salt
- Kosher salt
- Black pepper
- Dried Italian seasoning
- Ground crushed red pepper
- Ground dried oregano
- Ground cumin
- Ground chili powder
- Dark brown sugar
- All-purpose flour

GROCERY

- 1 (14.4-oz.) package chocolate graham cracker sheets
- 1 (16-oz.) box whole-wheat penne
- 2 (8-oz.) pouches microwaveable quinoa
- 1 (8.5-oz.) pouch brown basmati rice
- 1 (23-oz.) bottle marinara sauce

- 1 (4-oz.) container red curry paste
- 1 (24-oz.) bottle fish sauce
- 1 (2-oz.) container curry powder
- 1 (16-oz.) bottle natural peanut butter
- 1 (32-oz.) carton oat milk
- 1 (8-oz.) package mini nondairy chocolate chips
- 1 (15-oz.) can chickpeas
- 1 (14-oz.) can petite-diced tomatoes
- 1 (13.5-oz.) can light coconut milk
- 1 (32-oz.) carton unsalted chicken broth
- 1 (14.5-oz.) can low-sodium chicken broth
- 1 (14.5-oz.) can unsalted chicken stock
- 1 (750-mL.) bottle Marsala wine
- 1 (750-mL.) bottle dry white wine
- 1 (30-oz.) bag frozen shredded hash brown potatoes

- 1 (12-oz.) bag frozen riced cauliflower
- 1 (6-ct.) bag frozen corn on the cob

PRODUCE

- 6 limes
- 2 ripe avocados
- 2 large bananas
- 1 medium red onion
- 4 medium white onions
- 1 head cloves garlic
- 1 small zucchini
- 1 large red bell pepper
- 2 large jalapeño peppers
- 1 pint grape tomatoes
- 2 (5-oz.) bag fresh baby spinach
- 2 bunch fresh basil
- 1 bunch fresh cilantro
- 4 thyme sprigs
- 1 (2-in.) piece fresh ginger
- 1 (8-oz.) package sliced button mushrooms

DAIRY, MILK & EGGS

- 4 large eggs
- 1 stick unsalted butter
- ½ pint heavy whipping cream
- 1 (8-oz.) container low-moisture part-skim shredded mozzarella cheese
- 1 (8-oz.) container grated Parmesan cheese
- 1 (8-oz.) container crumbled feta cheese
- 1 (8-oz.) container shredded extra-sharp Cheddar cheese
- 1 (8-oz.) package cream cheese

MEAT, POULTRY & SEAFOOD

- 1 lb. ground chicken
- 4 (4-oz.) skinless, boneless chicken breast cutlets
- 1 lb. raw shrimp (21-25 count), peeled and deveined
- 1 lb. chicken cutlets
- 12 oz. beef tenderloin