



Quick & Delicious High-Protein Dinners

Shopping list for the week of July 1st-7th, 2023

PANTRY STAPLES

- Salt
- Kosher salt
- Black pepper
- Dried thyme
- Extra-virgin olive oil
- Grapeseed oil
- Rice Vinegar
- Dry sherry
- All-purpose flour
- Whole-wheat flour
- Baking powder
- Granulated Sugar

GROCERY

- 1 loaf whole-wheat sourdough bread
- 1 (12-oz.) jar roasted red bell peppers
- 1 lb. whole-wheat pizza dough
- 1 (8-oz.) jar basil pesto
- 1 (16-oz.) carton unsalted chicken stock
- 1 (8-oz.) jar sambal oelek
- 1 (10-oz.) bag dried cranberries
- 1 (15-oz.) bottle light Italian salad dressing

- 2 (8.8-oz.) pouches microwavable ancient grains
- 1 (8.8-oz.) box whole-wheat pearl couscous

PRODUCE

- 1 bunch fresh dill
- 1 bunch fresh basil
- 1 bunch fresh thyme
- 1 bunch fresh mint
- 1 bunch fresh cilantro
- 1 bunch fresh flat-leaf parsley
- 1 (3-in.) ginger
- 2 large lemons
- 3 medium lemons
- 1 medium lime
- 1 head garlic
- 1 medium white onion
- 1 small red onion
- 2 medium leeks
- 1 lb. asparagus
- 1 bulb fennel
- 1 small red bell pepper
- 1 (16-oz.) package baby spinach
- 12-oz. red potatoes

- 1 (8-oz.) container cremini mushrooms

- 1 (8-oz.) package trimmed French green beans

- 1 (8-oz.) package snow peas

- 1 pint blueberries

DAIRY, MILK & EGGS

- 1 (12-ct.) carton eggs
- 1 (8-oz.) tub crème fraîche
- 1 (8-oz.) tub sour cream
- 1 (8-oz.) tub 4%-fat cottage cheese
- 1 (15-oz.) container part-skim ricotta cheese
- 1 (8-oz.) bag part-skim mozzarella cheese
- 1 (4-oz.) log goat cheese
- 1 qt. whole milk
- 1 stick unsalted butter

MEAT, POULTRY & SEAFOOD

- 4 (6-oz.) skinless, boneless chicken breast halves
- 4 oz. shredded cooked chicken
- 1-lb. chicken cutlets
- 4 (5-oz.) salmon fillets
- 1-lb. peeled and deveined, tail-off shrimp