



Easy Anti-Inflammatory Dinners In 4 Steps or Less

Shopping list for the week of July 22nd -28th, 2023

PANTRY STAPLES

- Salt
- Kosher salt
- Black pepper
- Extra-virgin olive oil
- Cooking spray
- Chili powder
- Ground cumin
- Ground turmeric
- Red-wine vinegar
- Whole-wheat flour
- Maple syrup
- 1 (10-oz.) can no-salt-added diced tomatoes with green chiles
- 1 (14.5-oz.) can no-salt-added diced tomatoes
- 1 (4-oz.) can diced green chiles
- 1 (7-oz.) can chipotle peppers in adobo sauce
- 1 (15.5-oz.) can no-salt-added pinto beans
- 1 (12-oz.) bottle orange juice
- 1 (750-mL) bottle sparkling water
- 1 (4-oz.) bottle elderberry syrup
- 1 whole-wheat baguette
- 1 medium yellow onion
- 1 medium white onion
- 1 small shallot
- 2 poblano peppers
- 2 small jalapeño peppers
- 4 large lemons
- 3 medium limes
- 2 medium avocados
- 3 medium zucchinis
- 1 medium orange

GROCERY

- 1 (16-oz.) package shelf-stable gnocchi
- 1 (16-oz.) bag quinoa
- 1 (16-oz.) bag long-grain brown rice
- 2 (8-oz.) pouches microwaveable whole grains
- 1 (14-oz.) container whole-wheat breadcrumbs
- 1 (12-ct.) package corn tortillas
- 1 (32-oz.) carton unsalted vegetable broth
- 1 (2-oz.) tin anchovy fillets in oil
- 1 (10-oz.) can red enchilada sauce

PRODUCE

- 2 pints cherry tomatoes
- 2 (12-oz.) sweet potatoes
- 1 (16-oz.) bag chopped kale
- 1 (8-oz.) bag baby spinach
- 1 lb. Brussel sprouts
- 1 (10-oz.) bag shredded green cabbage
- 1 lb. asparagus
- 1 bunch fresh basil
- 2 bunches fresh cilantro
- 1 bunch fresh oregano
- 2 large heads garlic
- 1 large red onion

DAIRY, MILK & EGGS

- 1 large egg
- 1 (16-oz.) container yogurt
- 1 (8-oz.) container sour cream
- 1 (8-oz.) bag part-skim shredded mozzarella cheese
- 1 (8-oz.) bag shredded Mexican cheese blend

MEAT, POULTRY & SEAFOOD

- 4 boneless, skinless chicken thighs
- 4 (4-oz.) chicken breast cutlets
- 2 cups shredded cooked chicken (12 oz.)
- 1 (1¼-lb.) salmon fillet
- 1 (1½-lb.) skinless halibut fillet