



Delicious One-Skillet Dinners Packed with Veggies

Shopping list for the week of August 5th-11th, 2023

PANTRY STAPLES

- Kosher salt
- Salt
- Ground black pepper
- Italian seasoning
- Garlic powder
- Cumin
- Extra-virgin olive oil
- Balsamic vinegar

GROCERY

- 1 (23.5-oz.) bottle agave syrup
- 1 (2-oz.) bottle salt-free Cajun seasoning
- 1 (2-oz.) bottle salt-free South-west-style seasoning blend
- 1 (16-oz.) bag whole-wheat couscous
- 1 (16-oz.) bag basmati rice
- 1 whole-wheat baguette
- 1 (8-oz.) box penne pasta
- 1 (15-oz.) can no-salt-added black beans
- 1 (15-oz.) can no-salt-added diced tomatoes
- 1 (4-oz.) bag pine nuts
- 1 (750-mL.) bottle dry white wine

PRODUCE

- 1 bunch fresh mint
- 1 bunch fresh parsley
- 1 bunch fresh basil
- 1 bunch fresh rosemary
- 1 bunch fresh scallions
- 2 bunches kale
- 1 bunch lacinato kale
- 1 (6-oz.) bag baby spinach
- 1 (10-oz.) bag baby spinach
- 1 large cucumber
- 1 medium zucchini
- 2 medium limes
- 2 large lemons
- 2 plum tomatoes
- 8 oz. okra
- 1 large red bell pepper
- 1 large yellow bell pepper
- 1 (3-ct.) pack bell peppers
- 1 medium poblano pepper
- 1 medium red onion
- 2 medium yellow onions
- 1 large head garlic
- 1 (12-oz.) package sliced fajita vegetables
- 1 (12-oz.) bag baby potatoes
- 3 medium Yukon Gold potatoes

DAIRY, MILK & EGGS

- 1 stick unsalted butter
- 1 (8-oz.) bag shredded Cheddar cheese (optional)
- 1 (8-oz.) container grated Parmesan cheese
- 1 (8-oz.) package cream cheese
- 1 (6-ct.) carton large eggs

MEAT, POULTRY & SEAFOOD

- 1¼ lb. pounds large peeled and deveined shrimp
- 1 (1-lb.) package chicken cutlets
- 1 lb. pound boneless, skinless chicken breast
- 1 (1-lb.) package 90%-lean ground beef