



30-Minute Dinners to Improve Your Gut Health

Shopping list for the week of September 23rd-29th, 2023

PANTRY STAPLES

- Extra-virgin olive oil
- Canola oil
- Salt
- Black pepper
- Ground cumin
- Chipotle chile powder
- Chili powder
- Maple syrup
- Cayenne pepper
- Reduced-sodium soy sauce
- Garlic powder
- Red-wine vinegar
- Onion powder
- Crushed red pepper
- Ground cinnamon
- Dried oregano
- Dried basil
- Mayonnaise

GROCERY

- 1 (15-oz.) can no-salt-added chickpeas
- 2 (15.5-oz.) cans no-salt-added black beans

- 1 (28-oz.) can crushed tomatoes
- 1 (6-oz.) can no-salt-added tomato paste
- 1 (16-oz.) package quinoa
- 2 (8-oz.) pouches microwaveable brown rice
- 1 (8-oz.) box whole-wheat panko bread-crumbs
- 1 (8-ct.) package corn tortillas
- 1 (16-oz.) package old-fashioned rolled oats
- 1 (6-ct.) package whole-wheat hamburger buns
- 1 whole-wheat baguette
- 1 (16-oz.) package whole-wheat angel hair pasta
- 1 (4-oz.) bag chopped almonds
- 1 (7-oz.) can chipotle chiles in adobo sauce
- 1 (20-oz.) bag mixed frozen vegetables
- 1 (8-oz.) carton unsweetened almond milk
- 1 (2-oz.) can anchovies

- 1 (12-oz.) jar vegan mayonnaise
- 1 (5-oz.) pouch white miso
- 1 (10-oz.) container chia seeds (optional)
- 1 (8-oz.) bag pecans (optional)

PRODUCE

- 1 (5-oz.) package baby spinach
- 1 (5-oz.) package mixed salad greens
- 2 heads garlic
- 2 bunches scallions
- 1 bunch thyme
- 2 bunches cilantro
- 1 bunch parsley
- 1 bunch basil
- 3 medium avocados (plus 1 for garnish)
- 6 medium limes (plus 1-2 for garnish)
- 1 medium tomato
- 2 bunches broccolini or 1 bunch broccoli rabe
- 3 medium lemons (plus 1 for garnish)

- 2 heads romaine lettuce
- 2 large red bell peppers
- 1 large yellow bell pepper
- 2 small ears corn
- 2 red onions
- 1 (3-in.) piece ginger
- 1 medium apple
- 1 (10-oz.) container pico de gallo (garnish)

DAIRY, MILK & EGGS

- 1 (8-oz.) container sour cream (garnish)
- 1 pint heavy cream
- 6 large eggs
- 1 (4-oz.) container goat cheese
- 1 (5-oz.) container whole-milk plain strained yogurt, such as Greek or skyr

MEAT, POULTRY & SEAFOOD

- 2 (16-oz.) containers shredded chicken
- 1 (2.5-lb.) skin-on salmon fillet
- 1 lb. boneless, skinless chicken breasts