

1 / GROCERY LIST

7 / DIFFERENT DINNERS

Produce

- ☐ 3 onions (1 small, 1 medium, 1 large)
- ☐ 7 shallots
- ☐ 2 to 3 lemons
- ☐ 1 pint plus 1/2 cup grape tomatoes
- ☐ 7 cloves garlic
- ☐ 3 cups baby spinach
- ☐ 1 bunch asparagus
- ☐ 3 zucchini (about 1 pound)
- ☐ 3 medium apples

Herbs

- ☐ Parsley
- ☐ Thyme
- ☐ Basil
- ☐ Lemon thyme (or substitute regular thyme)
- ☐ Oregano
- ☐ Chives

Fish & Meat

- ☐ 1 1/3 pounds chicken thighs (bone-in or boneless)
- ☐ 4 (one-inch-thick) pork chops, preferably bone-in (6 to 8 ounces each)
- ☐ 1 1/2 pounds salmon fillets
- ☐ 1 pound (about 16) large, wild shrimp

Frozen

- ☐ 8 ounces frozen artichoke hearts (you can also use canned)
- ☐ 1 cup frozen peas

Refrigerated

- ☐ 1 cup heavy cream
- ☐ 1 (9-ounce) package refrigerated three-cheese tortellini
- ☐ 1 cup freshly grated Parmesan cheese
- ☐ 2 Tbsp. butter spread
- ☐ 2 Tbsp. butter

Dry Goods

- ☐ Olive oil (you'll need about 7 ounces)
- ☐ Honey (you'll need 1 Tbsp.)
- ☐ Mayonnaise (you'll need 1/3 cup)
- ☐ Dijon mustard (you'll need 2 tsp.)
- ☐ Red-pepper flakes
- ☐ Dried basil
- ☐ Dried oregano
- ☐ Bay leaf
- ☐ Salt

You May Have

- ☐ 2 1/2 cups dry white wine
- ☐ 5 1/2 cups reduced-sodium chicken broth
- ☐ 1 (14.5-ounce) can petite diced tomatoes
- ☐ 1 pound spaghetti
- ☐ 3/4 pound dried pappardelle pasta
- ☐ Couscous and/or crusty bread
- ☐ 2 (5-ounce) cans water- or oil-packed tuna