

# { Grocery List }

week of: Jan 22, 2017

## produce

- 2# broccoli
- 1/2 cup fresh lemon juice  
(takes about 2 lemons)
- 1.5 medium onion
- 1 bell pepper
- 1 bunch green onion
- 1 ripe pear (Asian or Bosc)
- 2 cups fresh spinach leaves
- 1/2 seedless cucumber
- 2" piece of fresh ginger

## meat

- 2# chicken breast, boneless +  
skinless
- 1# ground turkey
- 2# skirt steak

## pantry

- olive oil
- garlic
- garlic powder
- salt + pepper
- all-purpose flour
- 1/2 cup chicken stock
- 1/4 cup sherry/dry white wine
- 1/4 cup capers
- 8 oz fusilli or macaroni pasta
- 1/2 cup black beans
- 1/2 cup corn kernels
- 10 oz can tomato + green  
chile (Ro+Tel)
- 10 oz can enchilada sauce
- 5 tbsp low sodium soy sauce
- 4 tbsp sesame oil
- 2 tsp Gochujang
- 3 tbsp honey
- 1 pack taco size tortillas

## dairy

- 6 tbsp butter
- 1.5 cups shredded Mexican  
cheese (or whatever's on  
sale)
- optional: sour cream

## frozen

## spices

notes + other items:

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