

{ Grocery List }

week of: Jan 29, 2017

produce

- 2 medium onions
- 4 tbsp garlic (fresh or jarred)
- side salad stuff
- 2 medium zucchini
- 2 bell peppers (any color)
- 2 cups broccoli florets
- 3-4 medium sweet potato

meat

- 2# chicken breast, boneless + skinless
- 1# ground beef
- 1# boneless, skinless salmon (frozen is fine)

pantry

- extra virgin olive oil
- 1 16 oz pack spaghetti
- 1 28 oz can crushed tomato
- 1 6 oz can tomato paste
- 1 cup red wine or chicken broth
- 1 tsp brown sugar
- 3 tbsp Thai curry paste (red or green)
- 1 14 oz can coconut milk
- 1.5 slices sandwich bread
- 1/4 cup mayonnaise
- 2 tsp Dijon mustard
- 4 tbsp pesto (in a jar is fine)

dairy

- fresh parmesan cheese

spices

- 2 tbsp dried basil or Italian spice
- 1 tbsp garlic powder
- 1 tbsp onion powder
- salt + pepper

frozen

notes + other items:
