

## Grocery list — Week 1

### Produce

- 4 cups cherry tomatoes
  - ½ medium onion
  - 5 cloves of garlic
  - 2 lemons
  - ¼ cup fresh parsley
  - 3 ounces baby spinach
  - 1 large head romaine lettuce
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### Meat

- 4 medium boneless skinless chicken breasts
  - 8 boneless skinless chicken thighs
  - 4 fresh chorizo sausage links
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### Dairy & refrigerated

- 4 ounces feta cheese
  - 5 ounces goat cheese
  - Parmesan cheese
  - 1 cup plain Greek yogurt
  - 1 cup buttermilk
  - Mayonnaise
  - Dijon mustard
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### Bakery & dry goods

- 8 ounces short pasta
  - 3 cups panko breadcrumbs
  - ½ cup whole wheat flour
  - Croutons
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## **Canned & jarred**

- 14-ounce can crushed tomatoes
  - 1 cup pitted Kalamata olives
  - Worcestershire sauce
  - Anchovy paste
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## **Pantry**

- Olive oil
  - Honey
  - White wine OR chicken stock
  - Hot sauce
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## **Spices & seasonings**

- Greek seasoning blend
- Sweet paprika
- Italian seasoning
- Chili flakes
- Sea salt
- Black pepper