

## Grocery list — Week 3

### Produce

- 3 lemons
  - 1 medium onion
  - 1 bunch parsley
  - 1 small bunch of tarragon
  - 1 green onion
  - 4 cloves of garlic
  - Fresh basil
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### Meat & seafood

- 3 medium chicken breasts
  - 1½ lb shrimp
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### Dairy & refrigerated

- 1 cup ricotta cheese
  - 4½ cups shredded Monterey Jack cheese
  - 1 cup plain Greek yogurt
  - ¾ cup mayonnaise
  - ½ cup sour cream
  - ½ cup grated Parmesan cheese
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## Bakery & pasta

- 12 oz short-shaped pasta
  - 8 flour tortillas
  - Burger buns (for serving veggie burgers)
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## Canned & jarred

- 28 oz green enchilada sauce
  - 2 cans of black beans
  - Anchovy fillets OR capers
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## Pantry

- Olive oil
  - Panko breadcrumbs
  - Eggs
  - Worcestershire sauce
  - Dijon mustard
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## Spices & seasonings

- Italian seasoning
  - Chili flakes
  - Salt
  - Black pepper
  - Smoked paprika
  - Cumin
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## Optional toppings & serving extras

- Red onion
- Cilantro
- Lettuce
- Avocado
- Pickles or burger toppings of choice

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