

Grocery list — Week 13

Greek-Style Lamb Burgers • Chili Lime Shrimp • Zucchini Spaghetti • Smoky Parmesan Corn on the Cob

Produce

- 1 tomato
- 1 cucumber
- 1 red onion
- 3 onions
- 3 cloves garlic
- 2 bell peppers
- 1 head broccoli
- 2 large zucchini
- 4 ears corn
- 2 limes
- Fresh mint
- Green onions

Meat & seafood

- 1 lb ground lamb
- 1½ lb peeled shrimp

Dairy & refrigerated

- ½ cup feta cheese
- Butter
- Parmesan cheese
- Hummus
- Tzatziki

Bakery & dry goods

- 4 brioche buns
- Breadcrumbs

Canned & jarred

- 28 oz can diced tomatoes
- Kalamata olives

Pantry

- Olive oil
- Soy sauce
- Balsamic vinegar
- Honey (or coconut sugar)

Spices & seasonings

- Chili powder
- Ground cumin
- Paprika
- Smoked paprika
- Garlic powder
- Sea salt
- Black pepper