

Grocery list — Week 16

Lemon Garlic Chicken • Balsamic Pork Chops • Bang Bang Shrimp • Creamy Cucumber Salad

Produce

- 2 lemons
- 1 English cucumber
- 1 small red onion
- 1 head garlic (about 4 cloves)
- Fresh oregano
- Fresh thyme
- Fresh rosemary
- Fresh parsley
- Fresh chives (optional)

Meat & seafood

- 2 lb chicken thighs or breasts
- 4 thick-cut pork chops
- 1½ lb shrimp

Dairy & refrigerated

- Mayonnaise
- Butter

Canned & jarred

- Chicken stock
- Sriracha

Pantry

- Olive oil
- Avocado oil (or neutral oil, for frying)
- Balsamic vinegar
- Apple cider vinegar
- Rice vinegar
- Honey
- Brown sugar
- Cornstarch
- Walnuts (optional)

Spices & seasonings

- Italian seasoning
- Sea salt
- Black pepper