

Grocery list — Week 18

Baked chicken thighs · Juicy baked pork chops · Crispy sheet pan shrimp tacos · Caesar salad

Produce

- Romaine lettuce – 2 heads (about 10 cups chopped)
- Cabbage – 1/2 small head
- Lemon – 1
- Garlic – 1 clove
- Cilantro – 1 bunch (optional, for serving)

Meat & seafood

- Bone-in chicken thighs – 3 lb
- Boneless pork chops – 4
- Shrimp, peeled and deveined – 1 lb

Dairy & refrigerated

- Shredded Tex-Mex cheese blend – 12 oz
- Parmesan cheese – 1/2 cup (shredded and shaved)
- Mayonnaise – 1/3 cup
- Sour cream – for serving (optional)

Bakery & dry goods

- 6-inch tortillas – 8
- Crusty bread, cubed (for croutons) – 3 cups (about 1/4 loaf)

Canned & jarred

- Anchovy paste – small jar
- Dijon mustard – small jar (if needed)

Pantry

- Olive oil – 1/2 cup
- Avocado oil – 1/4 cup
- Italian seasoning – 1 tsp

Spices & seasonings

- Paprika – 3 tbsp
- Onion powder – 2 tbsp
- Garlic powder – 2 tbsp
- Chili powder – 2 tsp
- Dried oregano – 2 tsp
- Cumin – 1/2 tsp
- Salt and pepper – pantry staples