

Grocery list — Week 19

Ground beef chili, coconut lentil curry, pecan crusted salmon, and Parmesan crusted carrots

Produce

- Garlic, 2 heads
- Fresh ginger, 1 piece (about 3 inches)
- Yellow onion, 1 medium
- Carrots, 1 lb medium
- Cherry tomatoes, 1 pint
- Cilantro, 1 large bunch
- Lemon, 1
- Green onions, 1 bunch (optional, for chili)

Meat & seafood

- Lean ground beef, 2 lb
- Salmon fillets, 4 (about 6 oz each)

Dairy & refrigerated

- Parmesan cheese, 1 wedge (3/4 cup finely grated)
- Butter, 2 tbsp
- Sour cream and cheddar, optional, for chili

Bakery & dry goods

- Dried brown lentils, 1 cup
- Cornmeal, 4 tbsp
- Pecans, 1/2 cup
- Basmati rice, optional, for curry
- Naan, optional, for curry

Canned & jarred

- Fire-roasted diced tomatoes, 1 (28 oz) can
- Crushed tomatoes, 1 (28 oz) can
- Tomato paste, 1 small can (4 tbsp)
- Kidney beans, 1 (15 oz) can
- Coconut milk, 1 (15 oz) can
- Beef broth, 2 cups

Pantry

- Olive oil, 2 tbsp
- Coconut oil, 1 tbsp
- Maple syrup, 1/4 cup
- Brown sugar, 1 tbsp
- Hot honey, 1 tbsp (optional)

Spices & seasonings

- Chili powder, 2 tbsp
- Ground cumin, 1 tbsp
- Cumin seeds, 1 tbsp
- Coriander seeds, 1 tbsp
- Turmeric, 1 tbsp
- Onion powder, 4 tsp
- Garlic powder, 4 tsp
- Dried oregano, 2 tsp
- Paprika, 1 tsp
- Italian seasoning, 1/2 tsp
- Cayenne, 2 tsp (optional)
- Salt, about 5 tsp
- Black pepper, about 1 tbsp