

Grocery list — Week 20

Autumn Pork Tenderloin Dinner, Lemon Garlic Butter Shrimp, Roast Chicken with Dates and Olives, and Apple Fennel Salad

Produce

- Garlic, 1 head (9 cloves)
- Lemons, 3
- Sweet potatoes, 2 medium (about 3 cups chopped)
- Brussels sprouts, 1 lb (about 3 cups chopped)
- Carrots, 6 medium
- Rutabaga, 1 small (about 1 cup chopped)
- Shallots, 6 medium
- Red apple, 1
- Fennel, 1 bulb
- Fresh sage, 1 bunch (1/4 cup chopped)
- Fresh parsley, 1 bunch
- Fresh cilantro, 1 small bunch

Meat & seafood

- Pork tenderloins, 2 (1 lb each)
- Large shrimp, peeled and deveined, 1 1/2 lb
- Chicken breasts, skin-on, 4 medium

Dairy & refrigerated

- Butter, 3/4 cup (1 1/2 sticks)

Bakery & dry goods

- Sourdough loaf, 1 (for serving with the shrimp)
- Dates, 12
- Walnuts, 1/2 cup
- Sliced almonds, 1/2 cup
- Roasted almonds, 1/2 cup

Canned & jarred

- Chicken stock, 1 cup
- Green olives, pitted, 1/2 cup
- Preserved lemon, 1 small jar (1 tbsp chopped)
- Mayonnaise, 1/4 cup

Pantry

- Olive oil, 3 tbsp
- Maple syrup, 1/4 cup
- Dry white wine, 1/2 cup

Spices & seasonings

- Italian seasoning, 1 tbsp
- Sea salt
- Black pepper
- Crushed red pepper flakes, 1 pinch