

Tear out this convenient list for a quicker grocery shop.

MONDAY

Chicken & Butternut Squash Tagine with Herbed Couscous

- ☐ 1 cup whole-wheat couscous\$1.87
- ☐ ¼ cup organic golden raisins (or sultana)\$0.70
- ☐ 4 Roma tomatoes\$0.98
- ☐ 1 yellow onion\$0.75
- ☐ 3 large cloves garlic\$0.12
- ☐ 1¼ lb boneless, skinless chicken thighs\$3.36
- ☐ 1 large carrot\$0.12
- ☐ 1 stalk celery\$0.15
- ☐ 115-oz BPA-free can unsalted chickpeas (aka garbanzo beans).....\$2.15
- ☐ 10 oz butternut squash\$1.58
- ☐ ¼ bunch fresh cilantro\$0.25

Total: \$12.03

PANTRY STAPLES

- ☐ Low-sodium chicken or vegetable broth
- ☐ Olive oil
- ☐ Sea salt
- ☐ Ground black pepper
- ☐ Ground cumin
- ☐ Ground ginger
- ☐ Ground turmeric
- ☐ Smoked paprika
- ☐ Cinnamon stick
- ☐ Bay leaf

TUESDAY

Shrimp Coconut Curry with Brown Rice

- ☐ ⅔ cup brown rice.....\$0.19
- ☐ 2 small carrots.....\$0.24
- ☐ 1 small zucchini\$0.50
- ☐ ½ yellow onion.....\$0.40
- ☐ ½ red bell pepper\$0.55
- ☐ 6 oz BPA-free canned full-fat coconut milk\$1.01
- ☐ 1 lb large shrimp.....\$11.43
- ☐ ¼ bunch cilantro\$0.25
- ☐ 2 serrano chiles\$0.18
- ☐ 2-inch piece ginger\$0.24
- ☐ 5 cloves garlic\$0.20

Total: \$15.19

PANTRY STAPLES:

- ☐ Coconut oil
- ☐ Sea salt
- ☐ Unsalted tomato paste
- ☐ White vinegar
- ☐ Cumin seeds
- ☐ Yellow mustard seeds
- ☐ Ground turmeric

WEDNESDAY

Mint-Infused Baked Trout with Mixed Greens & Orange Salad

- ☐ 2 whole rainbow trout.....\$13.98
- ☐ 2 navel oranges.....\$0.80
- ☐ 1 small red onion.....\$0.58
- ☐ 3 large pitted green olives\$0.31
- ☐ 1½ oz white wine\$0.50
- ☐ 6 oz mixed field greens or baby spinach\$2.16
- ☐ ½ bunch mint.....\$1.00

Total: \$19.33

PANTRY STAPLES:

- ☐ Sea salt
- ☐ Extra-virgin olive oil
- ☐ Ground cumin

THURSDAY

Chimichurri & Polenta-Stuffed Mushrooms with Pinto Bean Salad

- ☐ 4 portobello mushrooms\$3.95
- ☐ 4½ oz whole-grain polenta\$0.65
- ☐ 3½ oz cotija cheese\$2.83
- ☐ 2 bunches fresh flat-leaf parsley\$1.98
- ☐ 4 cloves garlic\$0.16
- ☐ 115-oz BPA-free can pinto beans\$2.12
- ☐ ½ pint grape tomatoes\$1.25
- ☐ 1 lime\$0.40

Total: \$13.34

PANTRY STAPLES:

- ☐ Low-sodium chicken broth
- ☐ Sea salt
- ☐ White wine vinegar
- ☐ Extra-virgin olive oil
- ☐ Dried oregano
- ☐ Red pepper flakes

FRIDAY

Chicken & Vegetable Stir-Fry with Brown Rice Noodles

- ☐ 4 oz brown rice noodles.....\$1.90
- ☐ 2 oz dry sherry.....\$0.66
- ☐ 2-inch piece fresh ginger.....\$0.12
- ☐ 4 cloves garlic\$0.16
- ☐ 1 lb boneless, skinless chicken thighs\$3.83
- ☐ 2 green onions.....\$0.20
- ☐ 2 carrots\$0.24
- ☐ 5 oz savoy cabbage\$0.20
- ☐ 1 red bell pepper\$1.80

Total: \$9.11

PANTRY STAPLES:

- ☐ Reduced-sodium soy sauce
- ☐ Grape seed oil
- ☐ Red pepper flakes
- ☐ Rice vinegar
- ☐ Arrowroot
- ☐ Hoisin sauce

