

Dinner Shopping List



PRODUCE

- Aromatics of your choosing (onion, shallot, garlic or leeks), ½ cup
- Carrot, 1
- Celery, 1 stalk
- Cherry tomatoes (optional)
- Fresh herbs (optional: basil, dill, chives or parsley)
- Frozen or fresh vegetables of your choosing (broccoli, cauliflower, kale, spinach, zucchini, turnips, parsnips, potatoes, green beans, etc), 1-2 pounds
- H-E-B® Chopped Salad Kit
- H-E-B® Fresh Pico de Gallo and/or H-E-B® Guacamole
- Lemon, 1
- New or other small waxy potatoes, 2 pounds
- Roasted veggies or H-E-B® Chopped Caesar Salad Kit

PROTEIN

- Boneless skinless chicken breasts or thighs or a combination of both, 1 ½ pounds
- Fresh fish (snapper, flounder, cod, grouper, halibut, swordfish, salmon, Artic char), (4) 6-ounce fillets
- Ground lamb, beef or turkey, 1 pound

CONDIMENTS

- Salsa Verde, (1) 12-oz. jar

CANNED GOODS

- Crushed tomatoes, whole tomatoes or diced tomatoes, (1) 28-oz. can
- Vegetable or chicken stock, 4-6 cups
- White beans (optional: (1) 14-oz. can)
- Whole or chopped tomatoes, (1) 28-oz. can

SPICES/HERBS

- Dried thyme, oregano or dried Italian seasoning
- Fresh or dried thyme, fresh or dried oregano, fresh or dried basil, paprika, cumin, etc.
- Freshly ground black pepper
- Garlic powder
- Ground cumin
- Kosher or sea salt
- Onion powder

BAKERY

- H-E-B® Bakery Tortilla Chips

OTHER

- Avocado oil
- Central Market® Quick Heat Quinoa and Bulgur
- Dry penne or orzo pasta, 1 pound
- Extra-virgin olive oil
- Parchment paper sheets or cooking bags
- Rice, wild rice or farro (optional: 1 cup)

DAIRY

- Grated parmesan (optional)

This list does not include bonus recipe.