

GROCERY LIST

The ingredients listed here are everything that you'll need for this Week of One Dish Kitchen meals, serving 1 person (sometimes with a little leftover!).

We suggest utilizing this shopping list with these easy steps:

- Each ingredient notes which night's meals the ingredient is used in (indicated in parenthesis). If you choose not to make a particular recipe this week, simply cross off the ingredients associated with that meal.
- Before heading to the grocery store, make sure you don't have the item in your pantry, refrigerator or freezer. Many of the ingredients used in this week of recipes are staples. If you already have an ingredient at home, cross that item off your shopping list.

Eggs/Dairy

Shredded Cheddar Cheese (Tues)
 Parmesan Cheese (Tues, Fri)
 4 Eggs (Tues, Wed, Fri)
 Heavy Cream (Wed)
 Fontina Cheese (Wed)
 Butter (Thurs + Granola Recipe)

Meat/Fish

1/2 pound Chuck Roast (Mon)
 1 - 4 to 5 ounce Salmon Fillet (Thurs)
 8 ounces Ground Turkey or Ground Beef

Pantry

Canola Oil (Mon)
 Tomato Paste (Mon)
 Worcestershire Sauce (Mon)
 Flour (Mon)
 Red Wine (Mon)
 Chicken Broth (Mon)
 Canned or Frozen Peas (Mon)
 Olive Oil (Tues, Wed, Thurs)
 Bread Crumbs (Fri)
 Old-Fashioned Rolled Oats (Granola Recipe)
 Shredded Coconut (Granola Recipe)
 1/2 cup Almonds (Granola Recipe)
 1/2 cup Pecans (Granola Recipe)
 Brown Sugar (Granola Recipe)
 Maple Syrup (Granola Recipe)

Spices

Salt (Mon, Tues, Wed, Thurs, Fri + Granola)
 Black Pepper (Mon, Tues, Wed, Thurs, Fri)
 Dried Thyme (Mon)
 Dried Oregano (Tues, Fri)
 Dried Basil (Thurs, Fri)
 Ground Cinnamon (Granola Recipe)
 Vanilla Extract (Granola Recipe)

Produce

2 Small Onions (Mon, Tues, Wed, Fri)
 Celery (Mon)
 7 Garlic Cloves (Mon, Tues, Wed, Fri)
 1 Baking Potato (Mon)
 Carrots (Mon)
 1 Medium Eggplant (Tues)
 Fresh Basil (Tues)
 Red-Skinned Potatoes (Wed)
 Asparagus (Wed, Thurs)
 1 Small Lemon (Thurs)
 Fresh Parsley (Fri)