

Five Easy Dinners

Week 4 shopping list . GLP-1 edition . dinners for the week of October 19

THIS WEEK

Monday	Lemon Chicken Thighs
Tuesday	Kimchi Jjigae
Wednesday	Grilled Mahi
Thursday	New Orleans BBQ Shrimp
Friday	Avocado Tuna Salad
Treat	Apple Blackberry Crumble

PRODUCE

- ☐ Lemons, 4
(Monday's chicken, Wednesday's mahi, Thursday's shrimp)
- ☐ Garlic, 1 large head (13 cloves)
(Monday, Tuesday and Thursday)
- ☐ Yellow onion, 1 large
- ☐ Fresh basil, 5 leaves
- ☐ Fresh thyme and rosemary, 1 small pack each
- ☐ Fresh parsley, 1 bunch
- ☐ Celery, 2 stalks
- ☐ Carrots, 2 small
- ☐ Ripe avocados, 2
- ☐ Granny Smith apples, 3 large
- ☐ Fresh blackberries, 1 lb

MEAT AND SEAFOOD

- ☐ Boneless skinless chicken thighs, 12
- ☐ Pork belly, 1 lb
- ☐ Mahi mahi fillets, 1 1/2 lb
- ☐ Colossal shrimp, 1 1/2 lb (peeled, tail on)
- ☐ Canned tuna, two 10 oz cans

DAIRY AND EGGS

- ☐ Unsalted butter, 2 sticks
(1 for Thursday's shrimp, 1 for the crumble)
- ☐ Salted butter, 1 stick
- ☐ Soft tofu, 1 1/2 blocks

PANTRY

- ☐ Kimchi, 1 jar (about 12 oz)
- ☐ Gochujang, 2 tablespoons
- ☐ Light soy sauce, oyster sauce, fish sauce
- ☐ Rice, 2 cups dry
(Tuesday's stew and Thursday's shrimp go over rice)
- ☐ Chicken broth, 1/3 cup
- ☐ Zesty Italian dressing mix, one .6 oz packet
- ☐ Olive oil, 1/4 cup
- ☐ Lager beer, 1/4 cup
- ☐ Worcestershire sauce, 2 tablespoons
- ☐ Mayonnaise, 2/3 cup
- ☐ Yellow mustard, 2 tablespoons
- ☐ Pickled red onion, 1/4 cup
- ☐ Light brown sugar, 1 cup
- ☐ All purpose flour, 1/4 cup
- ☐ Old fashioned rolled oats, 1/4 cup
- ☐ Cornstarch, 2 tablespoons
- ☐ Vanilla extract, 2 teaspoons
- ☐ Sugar, 1 teaspoon
- ☐ Creole seasoning, Italian seasoning
- ☐ Onion and garlic powder, paprika (sweet and smoked)
- ☐ Chili powder, red pepper flakes, cinnamon
- ☐ Kosher salt and black pepper