



WEEKLY SHOPPING LIST



This is your weekly shopping list. These are all the ingredients you need to make this week's recipes.

PRODUCE	
Garlic	1 head
Ginger	½ knob
Yellow onion	3
Green onion	small bunch
Lemon	1
Lime	1
Jalapeno	1
Romaine lettuce	1 head
Broccoli	1 head
Red bell pepper	4 large
HERBS	
Cilantro	1 bunch
Parsley	1 bunch
SPICES & CONDIMENTS	
Chipotles in adobo	1 small can
Diced tomatoes	1 14 oz can
Rice vinegar	
Sesame oil	
MEAT & FISH	
Shrimp, large (26/30 count)	680 g / 1 ½ lb
Chicken thighs, skinless / bone-in	1.1 kg / 2 ½ lbs
CHEESE & DIARY	
Egg	6 large
Cotija cheese	40 g
Parmesan cheese	15 g
Whole milk	100 mL
GRAINS & PASTA	
Penne pasta	340 g
White rice, long grain	600 g
MISCELLANEOUS	
Anchovies, fillets, packed in oil	6 fillets
Tortillas, corn	20 tortillas
Croutons	

MAKE SURE YOU HAVE THE INGREDIENTS FROM THE PANTRY ESSENTIALS