

Quick and Easy Dinners: Grocery Shopping List (For 2)

Bakery

- 2 sesame bagels, halved
- 2 1/2 cups crusty bread, cut into small cubes
- 4 whole-wheat hamburger buns

Canned and Jarred Goods

- Capers
- Mayonnaise
- Panko breadcrumbs

Dairy

- 1 cup heavy whipping cream
- 1/2 cup sour cream
- 1/2 cup Greek yogurt
- 1/4 cup cream cheese
- 8 oz. mozzarella pearls
- 6 oz. goat cheese
- 2 1/2 cups white cheddar cheese

International

- 12 small flour tortillas
- 2 ramen packets
- Fish sauce
- Rice vinegar
- Sesame oil
- Sriracha

Meat

- 4-6 oz. prosciutto
- 4 chicken breasts
- 20 oz. ground beef

Produce

- 1 granny smith apple
- 1 cup red grapes
- 6-8 limes
- 1 lemon
- 1 pint cherry tomatoes, halved
- 2 avocados
- 1 green bell pepper
- 1 bunch broccoli
- 5 cups arugula
- 1 bunch kale
- 1 cup cilantro
- 2 pints baby bella mushrooms
- 2 medium-sized sweet potatoes
- 1 large shallot
- 1 large red onion

Seafood

- 1 lb. large peeled, deveined, tail on shrimp (the 21-25 count size)

Spices and Nuts

- Ground mustard
- Poppy seeds
- 1/4 cup walnuts

Pantry Items

These are all items that are either likely in your pantry already or may be on your grocery list already! Check to make sure if you need any of these items before heading to the grocery store!

- Bamboo skewers
- Eggs
- Milk
- Honey
- Nonstick cooking spray
- Olive oil
- Worcestershire sauce
- Balsamic vinegar
- White wine vinegar
- Chicken stock
- All-purpose flour
- Brown sugar
- Kosher salt
- Black pepper
- White pepper
- Paprika
- Dried thyme
- Italian breadcrumbs

