

# Weeknight dinners under 30 minutes GROCERY LIST



## THIS WEEK'S RECIPES:

Sautéed Mushroom Linguine  
Thai Steak with Mango and Pepper  
Salad  
Warm Lentil Salad With Shrimp  
Stir-Fried Pork and Fried Eggs  
Weeknight Chili Chicken Tacos

## YOU'LL ALSO NEED:

Butter  
Olive Oil  
Vegetable oil  
Lemon juice  
Salt  
Pepper  
Dijon mustard  
Cider vinegar  
Granulated sugar

- 6 cups lightly packed baby spinach
- 1 bunch asparagus
- 16 cherry tomatoes
- 2 sweet red peppers
- Half Thai bird's-eye pepper
- 1 tomato
- 1 pkg (227 g) cremini mushrooms
- 2 cups sliced shiitake mushrooms
- 3 tsp grated lemon zest
- 1 lime
- 1 mango
- 9 cloves garlic
- 1 green onion
- 2 onions
- 1/3 cup sliced sweet onion
- 1/4 cup fresh cilantro
- 2 tsp grated fresh ginger
- 2 tbsp chopped fresh parsley
- 1 tsp chopped fresh thyme
- 1/4 cup chopped fresh tarragon
- 4 eggs
- 1/4 cup sour cream
- 1 cup grated Parmesan cheese
- 1/3 cup whipping cream 35%
- 8 corn tortillas
- 16 frozen jumbo shrimp
- 450 g ground pork
- 1 lb boneless skinless chicken breast
- 450 g beef top sirloin grilling steak
- 340 g linguine
- half pkg (454 g pkg) rice stick noodles, (1/4-inch/5 mm wide)
- 2 cups cooked green or brown lentils
- 1 tbsp sodium-reduced soy sauce
- 3 tbsp no-salt-added chicken broth
- 1/4 cup white wine vinegar
- 4 tbsp fish sauce
- 1/4 tsp Asian chili sauce, (such as sriracha)
- 1/4 cup roasted peanuts
- 6 tbsp lime juice
- 1/4 cup salsa
- 1 tsp chili powder
- 1 tsp ground cumin