






# BRUNCH ALL DAY WEEKLY SHOPPING LIST

	 <b>PROTEINS</b>	
<input type="checkbox"/>	4 churrasco or sirloin steaks (about 1" thick)	<input type="checkbox"/>
<input type="checkbox"/>	2 large boneless, skinless chicken breasts	<input type="checkbox"/>
<input type="checkbox"/>	4 large eggs (plus 2 more if doubling for salad)	<input type="checkbox"/>
<input type="checkbox"/>	4 oz soy chorizo (or regular chorizo)	<input type="checkbox"/>
<input type="checkbox"/>	Optional: canned anchovies (3 fillets)	<input type="checkbox"/>
<input type="checkbox"/>	 <b>FRESH PRODUCE</b>	<input type="checkbox"/>
<input type="checkbox"/>	4 small heads romaine lettuce	<input type="checkbox"/>
<input type="checkbox"/>	6 Campari tomatoes	<input type="checkbox"/>
<input type="checkbox"/>	1 lb mixed baby potatoes	<input type="checkbox"/>
<input type="checkbox"/>	1 lb broccoli florets	<input type="checkbox"/>
<input type="checkbox"/>	½ avocado	<input type="checkbox"/>
<input type="checkbox"/>	1 cup mushrooms (quartered)	<input type="checkbox"/>
<input type="checkbox"/>	¼ cup scallions (plus extra for garnish)	<input type="checkbox"/>
<input type="checkbox"/>	2 jalapeños	<input type="checkbox"/>
<input type="checkbox"/>	1 medium tomato	<input type="checkbox"/>
<input type="checkbox"/>	Garlic (at least 10 cloves total)	<input type="checkbox"/>
<input type="checkbox"/>	Garlic (at least 10 cloves total)	<input type="checkbox"/>
<input type="checkbox"/>	Fresh parsley (at least ½ cup + 1 tbsp chopped)	<input type="checkbox"/>
<input type="checkbox"/>	Fresh cilantro (at least ½ cup)	<input type="checkbox"/>
<input type="checkbox"/>	Lemons (at least 2, for juice + zest)	<input type="checkbox"/>
<input type="checkbox"/>	 <b>DAIRY &amp; EGGS</b>	<input type="checkbox"/>
<input type="checkbox"/>	½ cup + ¼ cup Parmesan cheese, freshly grated	<input type="checkbox"/>
<input type="checkbox"/>	2 large eggs (for breading)	<input type="checkbox"/>
<input type="checkbox"/>	3 tbsp grated Italian cheese blend (for breading)	<input type="checkbox"/>

<input type="checkbox"/>	 <b>PANTRY &amp; DRY GOODS</b>	<input type="checkbox"/>
<input type="checkbox"/>	½ cup mayonnaise	<input type="checkbox"/>
<input type="checkbox"/>	1 tbsp Dijon mustard	<input type="checkbox"/>
<input type="checkbox"/>	1 tsp Worcestershire sauce	<input type="checkbox"/>
<input type="checkbox"/>	Olive oil	<input type="checkbox"/>
<input type="checkbox"/>	Red wine vinegar	<input type="checkbox"/>
<input type="checkbox"/>	¼ cup salsa	<input type="checkbox"/>
<input type="checkbox"/>	¼ cup low-sodium vegetable broth	<input type="checkbox"/>
<input type="checkbox"/>	¾ cup low-sodium chicken broth	<input type="checkbox"/>
<input type="checkbox"/>	Panko breadcrumbs (1 cup)	<input type="checkbox"/>
<input type="checkbox"/>	All-purpose flour (½ cup)	<input type="checkbox"/>
<input type="checkbox"/>	Italian bread (4 slices)	<input type="checkbox"/>
<input type="checkbox"/>	 <b>SEASONINGS &amp; SPICES</b>	<input type="checkbox"/>
<input type="checkbox"/>	Kosher salt	<input type="checkbox"/>
<input type="checkbox"/>	Black pepper (cracked + ground)	<input type="checkbox"/>
<input type="checkbox"/>	Red pepper chili flakes	<input type="checkbox"/>
<input type="checkbox"/>	Smoked paprika	<input type="checkbox"/>
<input type="checkbox"/>	Onion powder	<input type="checkbox"/>
<input type="checkbox"/>	Garlic powder	<input type="checkbox"/>
<input type="checkbox"/>	Italian herb seasoning	<input type="checkbox"/>
<input type="checkbox"/>	Dried oregano	<input type="checkbox"/>
<input type="checkbox"/>	Chili powder	<input type="checkbox"/>
<input type="checkbox"/>	Cumin powder	<input type="checkbox"/>
<input type="checkbox"/>	 <b>OPTIONAL SERVING IDEAS</b>	<input type="checkbox"/>
<input type="checkbox"/>	Ciabatta, toast, or flatbreads	<input type="checkbox"/>
<input type="checkbox"/>	Garden salad mix	<input type="checkbox"/>
<input type="checkbox"/>	Cooked pasta or tortillas	<input type="checkbox"/>