

# Week 10 Grocery List

## 1. Tuna Salad

½ small red onion or 1 large shallot

1 lemon, zested and halved for juicing

Kosher salt, freshly ground black pepper

1-2 celery stalks, finely chopped

a handful of fresh dill leaves, coarsely chopped

2–3 tablespoons mayonnaise

1 5–7 oz. can or jar tuna, drained (or chicken, if you hate tuna—rotisserie chicken or leftover chicken from last night would work great here or you can even use canned chicken in a pinch)

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## 2. Eggs with Rice and Greens

bowl of rice, cooked

1-2 tbsp gochujang

1 tbsp sesame oil

1 egg however you like it (my preference is soft boiled bc the slightly jammy yoke makes for a great “sauce” of sorts)

sautéed greens like spinach, kale, cabbage, etc

a scallion or two, sliced

1/2 tsp toasted sesame seeds

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### 3. Loaded Baked Potato

however many russet potatoes you need

canola oil

salt and pepper, to taste

toppings, toppings, toppings (I'd recommend butter, 1 protein (like shredded chicken, bacon (duh), beans, sausage, etc), something creamy, and maybe a veggie like spinach, sautéed brussels sprouts, roasted broccoli)

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### 4. Beans and Rice

Canned or dried beans ([these are my fav canned pre-seasoned](#))

Rice

Salt/pepp/seasonings to taste

Any other toppings you'd like