



CHOMP SHOPPER

DATE NIGHT GROCERY LIST

DINNER FOR TWO

ONE STORE TRIP

BEGINNER FRIENDLY

FREE PRINTABLE

DATE _____

THE MENU

STARTER

Caprese skewers

Tomatoes, basil and mozzarella, with baguette and balsamic glaze. No cooking.

MAIN

Pan-seared steak

With garlic butter. Salmon is an easy swap.

SIDE

Roasted potatoes & green beans

One sheet pan while the steak cooks.

DESSERT

Chocolate-dipped strawberries

Made first and chilled.

PRODUCE

8

- ☐ Baby potatoes 1½ lbs
- ☐ Green beans 12 oz
- ☐ Cherry tomatoes 1 pint
- ☐ Fresh basil 1 pack
- ☐ Fresh rosemary or thyme 1 pack
- ☐ Garlic 1 head
- ☐ Lemon 1
- ☐ Strawberries 1 lb

MEAT & SEAFOOD

1

- ☐ Ribeye or NY strip, 1" thick 2 steaks

DAIRY & EGGS

2

- ☐ Unsalted butter 1 stick
- ☐ Fresh mozzarella pearls 8 oz

CONDIMENTS

1

- ☐ Balsamic glaze 1 bottle

PANTRY

1

- ☐ Flaky sea salt (optional) 1 small box

BAKERY

1

- ☐ Baguette 1

SNACKS

1

- ☐ Dark or semisweet chocolate 4 oz

BEVERAGES

2

- ☐ Sparkling water or cider 1 bottle
- ☐ Wine (optional) 1 bottle

HOUSEHOLD

2

- ☐ Toothpicks or short skewers
- ☐ Candles (optional)

GAME PLAN

- 1 hr** Dip strawberries and chill on parchment. Take steaks out and salt them.
- 45 min** Heat oven to 425°F. Toss halved potatoes with oil, salt and rosemary. Roast.
- 30 min** Build caprese skewers and slice the baguette. Add green beans to the pan.
- 15 min** Sear steaks in a very hot pan, add butter and garlic, spoon it over. Check temp.
- Serve** Rest steaks a few minutes while you plate. Dessert is waiting in the fridge.

EASY SWAPS

- ~~Steak~~ → 2 salmon fillets (6 oz each)
- ~~Green beans~~ → 1 bunch asparagus

CHECK AT HOME

- ☐ Olive oil
- ☐ Black pepper
- ☐ Neutral oil for searing
- ☐ Kosher salt
- ☐ Garlic powder
- ☐ Foil or parchment

TIPS

- 1 Buy 1-inch steaks**
Thinner ones overcook before they brown. Ask the butcher.
- 2 Use a thermometer**
USDA safe minimum: 145°F for steak (3-minute rest) and fish.
- 3 Salt ahead**
Pat dry and salt 30–60 minutes early for better browning.
- 4 Prep before they arrive**
So only the steak needs you at dinner.
- 5 Buy fish and berries last**
As close to dinner as you can. The rest keeps a few days.
- 6 Keep a backup**
A box of pasta and a jar of sauce, just in case.