

Grocery List

Produce

- 1 large onion
- 1 medium red onion
- 1 pound baby yellow potatoes
- 1 medium eggplant
- 1 medium yellow squash
- 6 medium zucchini (about 2 pounds)
- 10 ears corn
- 2 medium tomatoes
- 12 ounces green beans
- 12 ounces shiitake or portobello mushroom caps, or a combination
- 1 bunch lacinato kale
- 1 romaine-lettuce heart
- 1 small bunch radishes
- 1 English cucumber or 3 mini cucumbers
- 1-3 jalapeño or Fresno chiles

Produce (Cont.)

- 1 bunch fresh basil
- 1 bunch fresh cilantro

Meat

- 8 ounces sweet Italian sausage
- 8 chicken cutlets (about 1¼ pounds)

Seafood

- 4 skin-on salmon fillets (5 ounces each)

Other

- 1 baguette
- 4 flatbreads
- 4 ounces bulgur or couscous
- 1 pound orecchiette
- 8 ounce container olives, such as Niçoise

Dairy

- 1 8-ounce container sour cream
- 1 5-ounce container plain yogurt (not Greek)
- 12 ounces low-moisture mozzarella
- 3 ounces blue cheese

| MEAL PLAN |

Monday

Grilled Ratatouille and Bulgur Salad

Tuesday

Orecchiette with Sausage, Corn, and Chiles

Wednesday

Grilled Chicken and Zucchini Salad

Thursday

Salmon Niçoise with Caper Dressing

Friday

Grilled Vegetable Pizzas