

# Grocery List

## Produce

- 3 shallots
- 1 large sweet onion
- 2 pounds assorted bell peppers
- 4 large heirloom tomatoes, such as Brandywine, Cherokee Purple, or Big Yellow Zebra
- 3 large zucchini or summer squash (about 1½ pounds)
- 3 ears of corn
- 1 bunch parsley
- 1 bunch mint
- 1 bunch oregano
- 1 box mixed greens such as spring greens or arugula
- 1 head romaine lettuce
- 2 heads of iceberg lettuce
- 1 avocado
- 1 bunch radishes
- 1 Fresno or jalapeño chile
- 1-2 limes
- 2-3 lemons

## Meat

- 2½ pounds boneless, skinless chicken thighs (4-6)
- 4 hanger steaks (6 oz each)
- 4 ounces bacon

## Seafood

- 1 pound large shrimp

## Dairy

- 4 ounces Pecorino Romano
- 4 ounces block feta
- 3 ounces creamy blue cheese

## Other

- 4 ounces golden raisins
- 4 ounces couscous
- 1 8 ounce package vermicelli rice noodles (need 4 ounces)
- 1 loaf white sandwich bread (need 4 slices)
- 1 box panko breadcrumbs (need ¾ cups)
- 1 small bottle sherry vinegar
- 1 jar whole-grain Dijon mustard
- 1 bag unsweetened shredded coconut
- 1 jar hot-pepper jelly or mango chutney

### | MEAL PLAN |

#### Monday

Grilled Vegetarian  
Stuffed Peppers

#### Tuesday

Stuffed BLT Salad

#### Wednesday

Grilled Chicken Thighs  
with Charred Corn and  
Summer Squash

#### Thursday

Broiled Coconut and  
Lime Crusted Shrimp  
With Rice Noodle Salad

#### Friday

Grilled Vegetable  
Pizzas