

Grocery List

Produce

- 1 bunch scallions
- 1 red bell pepper
- 1 zucchini
- 1 head celery
- 2 carrots
- 1 small head bok choy
- 1 head Bibb lettuce
- 2 pints mixed red and yellow cherry or grape tomatoes
- 2 ears fresh corn
- 1 pound baby potatoes
- 1 lemon
- 2-3 limes
- 1 small seedless watermelon
- 1 small piece fresh ginger
- 1 bunch basil
- 1 bunch cilantro or parsley
- 1 small bunch mint (optional)

Meat

- 1 pound ground pork
- 6 boneless, skinless chicken thighs (about 1¼ pounds)

Seafood

- 4 ounces hot-smoked salmon
- 1 pound skinless swordfish steak

Dairy

- ⅛ 8 ounce (½ pint) container heavy cream
- 1 16 ounce or smaller container of ricotta cheese
- 1 ounce Pecorino Romano cheese

Other

- 1 box lasagna noodles (not no-boil)
- 1 bottle hoisin sauce
- 1 jar sambal oelek
- 4 split-top hot dog buns, such as King's Hawaiian
- 1 box oyster crackers

| MEAL PLAN |

Monday

No-Bake Lasagna with Ricotta and Tomatoes

Tuesday

Pork Buns with Bok Choy Slaw

Wednesday

Summer Smoked Salmon Chowder

Thursday

Grilled Marinated Chicken Thighs

Friday

Swordfish with Watermelon and Lime-Ginger Citronette