

Grocery List

Produce

3 $\frac{1}{4}$ pounds medium

tomatoes, such as

Campari or beefsteak

1 pint cherry tomatoes

2 large eggplants

2 large or **3** small zucchini

(about 1 pound)

8 ears corn

2 Yukon Gold potatoes

(12 ounces)

8 ounces green beans

1 head (10 ounces)

red-leaf lettuce

1 small bunch or box arugula

1 avocado

2 limes

1 lemon

1 large bunch fresh basil

Meat

4 chicken cutlets (1 pound)

4 ounces pancetta

4 slices bacon (about 6 ounces)

Dairy

1 pound fresh salted

mozzarella

2 ounces Pecorino Romano

4 ounces hard, sharp cheese,

such as manchego

8 ounce container

sour cream

Seafood

Other

2 jars or cans (each 5 ounces)

high-quality tuna packed in oil

1 can (15.5 ounces) white

beans, such as cannellini

2 loaves rustic bread,

such as ciabatta

1 bag tortilla chips (8-12 ounces)

1 jar smoked paprika

8 ounces spaghetti or linguine

| MEAL PLAN |

Monday
Grilled Eggplant
Parmesan

Tuesday
Barbecued
Chicken
Salad

Wednesday
Zucchini
Carbonara

Thursday
Tuna, Tomato,
and White-Bean
Salad

Friday
Corn Soup
with Tomato-
Bacon Toasts