

Grocery List

Produce

8 portobello mushrooms,
stemmed

1 4-ounce container or small
bunch arugula

1 head celery, with leaves

1 small bunch radishes

1 large or 2 small zucchini
(12 ounces)

1 quart cherry tomatoes

8 medium tomatoes

6 ears corn

1 English cucumber

1 jalapeño

1 lemon

1 bunch cilantro

1 bunch parsley

Meat

1 rotisserie chicken

8 ounces sweet Italian sausage
(about 3 links)

1¼ pounds skirt steak

Dairy

1 8 ounce container Greek
yogurt

2 ounces sharp provolone
cheese

Seafood

4 lemon sole or flounder fillets
(1¾ pounds total)

Other

1 28 ounce can plum tomatoes

1 pack whole-wheat hamburger
buns

1 pack pita breads

1 baguette

1 10 ounce container hummus

1 package (17.5 ounces)

gnocchi, such as DeCecco

1 6 or 7 ounce container pesto
(such as Buitoni)

| MEAL PLAN |

Monday

Double-Portobello
Burgers with
Roasted Tomatoes

Tuesday

Rotisserie Chicken
with Yogurt Sauce
and Herb Relish

Wednesday

Gnocchi with
Sausage, Zucchini,
and Tomato

Thursday

Broiled Fish with
Summer Salad

Friday

Skirt Steak and
Corn with
Chimichurri