

# Grocery List

## Produce

- 1 pound eggplant
- 3 ears corn
- 1 medium yellow summer squash
- 3 pints cherry tomatoes
- 1 English cucumber
- 2 large carrots
- 1 small head cabbage
- 1 head iceberg lettuce
- 1 pineapple
- 2 lemons
- 2 limes
- 1 large bunch basil

## Meat

- 4 boneless, skinless chicken thighs (1¼ pounds total)
- 1 pound pork tenderloin

## Dairy

- 4-5 ounces Parmigiano Reggiano

## Seafood

- 12 ounces large shrimp

## Other

- 1 package arborio rice (need 10-12 ounces)
- 12 corn tortillas
- 1 jar capers
- 1 jar (6 or 7 ounces) pesto
- 12 ounces store-bought fresh or frozen cheese or spinach ravioli
- 1 jar chipotle salsa
- 1 tube or jar Thai red curry paste
- 1 package (8.8 ounces) vermicelli rice noodles
- 1 small bag (9.5 ounces or less) unsalted roasted cashews

### | MEAL PLAN |

**Monday**  
Pressure-Cooker  
Corn Risotto

**Tuesday**  
One-Pan Lemon  
Shrimp and Rice with  
Pesto

**Wednesday**  
Cashew-Chicken  
Kebabs

**Thursday**  
Ravioli with Roasted  
Eggplant, Tomatoes,  
and Capers

**Friday**  
Grilled Pork and  
Pineapple Tacos