

# Grocery List

## Produce

- 4 ears corn
- 2 large zucchini
- 2 medium summer squash
- 8 ounces green beans
- 2 bell peppers
- 1 bunch thick asparagus (12 oz)
- 8 ounces cremini or button mushrooms
- 2 medium carrots
- 1 bunch scallions (about 8)
- 1 small head fennel
- 5 ounce-container baby arugula
- 1 bunch Swiss chard (12 oz)
- 2 bunches spinach
- 1 small cauliflower (about 16 oz)
- 1 small bunch fresh sage

## Meat

- 8 ounces sweet Italian sausage
- 4 chicken cutlets (about 1¼ pounds total)

## Dairy

- 3 ounces fontina
- 1 small container sour cream
- 8 ounces Gruyère
- 4 ounces feta

## Seafood

- 4 skin-on salmon fillets (each 5 oz), preferably wild Alaskan

## Other

- 2 boxes (32 oz) vegetable or chicken broth
- 1 can (14.5 oz) diced tomatoes, in juice
- 1 box (16 oz) orzo
- 1 box (16 oz) campanelle pasta
- 1 bottle rice vinegar
- 1 small container toasted sesame seeds
- 1 jar capers
- 1 small jar pickled jalapeños
- 1 pound fresh or frozen pizza dough
- 2 loaves crusty bread

### | MEAL PLAN |

#### Monday

Late-Summer  
Vegetable Soup

#### Tuesday

Chicken Cutlets with  
Summer Squash  
and Feta

#### Wednesday

Baked Pasta with  
Cauliflower and  
Swiss Chard

#### Thursday

Broiled Salmon with  
Vegetables and  
Scallion Rice

#### Friday

Sausage and  
Fontina Pizza