WHAT'S FOR DINNER

Grocery List

Produce

- **2** Japanese eggplants
- **1** bunch broccoli rabe (about 1 pound)
- **1** small piece fresh ginger (3 inches)
- **1** small bunch scallions
- **4** medium zucchini (about 2 lbs)
- **1** pint cherry tomatoes
- **1** small Bibb lettuce
- **1** small bunch fresh thyme
- **1** small bunch fresh cilantro
- **2** Thai chiles (optional)
- **1** lime
- **1** lemon
- **1** bunch celery

Meat

- **1** pound ground beef (80 percent lean)
- **1** pound chicken cutlets (4 pieces)
- **1** pound spicy Italian sausage

Dairy

- **½** dozen eggs
- **1** 4-ounce container crumbled blue cheese
- **4** ounces Pecorino Romano cheese

Other

- **1** small jar roasted red peppers
- **1** small jar capers
- **4** potato rolls
- **1** pound penne rigate
- **1** can (6 ounces) wild salmon
- **1** small bag roasted peanuts
- **1** box panko breadcrumbs
- **1** bottle fish sauce such as Nam Pla
- **1** bottle toasted sesame oil

| MEAL PLAN |

Monday	Tuesday	Wednesday	Thursday	Friday
Roasted Ratatouille and Eggs	Mini Asian Meatballs in Lettuce Cups	Buffalo Chicken Sandwiches	Pasta with Salmon, Broccoli Rabe, and Garlic	Sausage-Stuffed Zucchini

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