WHAT'S FOR DINNER

# Grocery List

## Produce

- **1** head cauliflower
- **2** sweet potatoes (1 pound total)
- **2** pounds broccoli
- **1** bunch spinach (6 ounces)
- **1** zucchini
- **1** small head radicchio
- **½** pint cherry tomatoes
- **1** bunch scallions
- **1** head garlic
- **3** large shallots
- **1** 12 ounce package zucchini noodles (fresh or frozen)
- **1** pound Yukon Gold potatoes
- **1** bunch flat leaf parsley
- **1** bunch oregano
- **3** lemons

## Seafood

- **4** skinless sea bass fillets (each 6 ounces)

## Meat

- **8** ounces ground beef, preferably 90 percent lean
- **1** pound boneless, skinless chicken breast halves (3 to 4 halves)

## Dairy

- **8** ounces white cheddar
- **2** ounces feta
- **4** ounces Parmigiano Reggiano

## Other

- **1** loaf rustic Italian bread
- **1** pack 6 inch pitas (4-6 pita breads)
- **1** 10 ounce container prepared hummus
- **1** 32 ounce jar marinara sauce such as Rao's
- **1** pound bucatini
- **1** jar capers

## MEAL PLAN

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Potato, Broccoli, and Cheddar Soup | Mediterranean Chopped Chicken Pita | Beef Zucchini Meatballs | Bucatini with Cauliflower, Capers, and Lemon | Roasted Sea Bass with Sweet Potatoes, Spinach, Salsa Rustica |



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