

Grocery List

Produce

- 1 small red onion
- 2 heads garlic
- 2 shallots
- 1 small bunch scallions
- 3-inch piece fresh ginger
- 1 yellow bell pepper
- 1 small head escarole
- 2 heads baby bok choy
- 1 small head iceberg
or romaine lettuce
- 12 ounces broccoli florets
- ½ head red cabbage
- 2 mini cucumbers
- 10 ounces button mushrooms
- 2 limes
- 1 bunch fresh parsley

Meat

- 1 pound ground beef
(85 percent lean)
- 4 boneless pork chops
(½ inch thick; 1 pound total)
- 4 small boneless, skinless
chicken-breast halves
(about 1¼ pounds total)

Dairy

- 4 ounces Parmigiana-Reggiano
- 3 ounces cream cheese
- 8 slices American cheese

Seafood

- 2 frozen wild-salmon fillets (each
6 ounces and 1 inch thick)

Other

- 1 tube tomato paste
- 1 can (15 ounces) chickpeas
or mixed beans
- 1 32-ounce box low-sodium
chicken broth
- 1 tube Thai green curry paste
- 1 can (14 ounces)
unsweetened coconut milk
- 4 potato buns, such as
Martin's
- 1 jar pickled jalapeños
- 1 small bag corn chips
(preferably Fritos)
- 1 12-ounce bag medium or
broad curly egg noodles

| MEAL PLAN |

Monday
Pasta-e-Fagioli
Pasta

Tuesday
Spicy Coconut-
Salmon Curry

Wednesday
Chili-Pie
Burgers

Thursday
Ginger-Pork
Salad

Friday
Creamy Chicken
and Mushrooms
with Egg Noodles