



# Mediterranean Diet Dinners in 25 Minutes or Less

## Shopping list for the week of June 24th–30th, 2023

### PANTRY STAPLES

- Salt
- Kosher salt
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- Black pepper
- Ground coriander
- Ground cumin
- Chili powder
- Cayenne pepper
- Crushed red pepper
- Grapeseed oil
- Olive oil
- Canola oil
- Extra-virgin olive oil
- Cooking spray
- Red wine vinegar
- Cornstarch
- Granulated sugar
- Whole-wheat flour
- Toasted sesame oil
- Reduced-sodium soy sauce

- Mayonnaise

### GROCERY

- 1 (16-oz.) package extra-firm tofu
- 1 (8-oz.) container unsalted, dry-roasted peanuts
- 1 (15-oz.) can no-salt-added chickpeas
- 1 (750-mL.) bottle dry white wine
- 1 (10-oz.) bottle Shaoxing wine or dry sherry
- 1 (12-oz.) bottle rice vinegar
- 1 (8.5-oz.) bottle balsamic glaze
- 1 (6-oz.) jar pitted kalamata olives
- 1 (12-ct.) bag corn tortillas
- 2 (8-oz.) pouches microwavable quinoa
- 1 lb. fresh prepared whole-wheat pizza dough
- 1 whole-wheat baguette

### PRODUCE

- 1 bunch fresh basil

- 1 bunch fresh dill
- 1 bunch fresh oregano
- 1 bunch fresh cilantro
- 1 bunch fresh scallions
- 2 medium limes
- 1 medium lemon
- 2 medium avocados
- 1 medium yellow onion
- 1 large red onion
- 1 medium red onion
- 1 small red bell pepper
- 1 large red bell pepper
- 1 small orange bell pepper
- 1 large green bell pepper
- 1 large head garlic
- 1 (2-in.) piece fresh ginger
- 1 stalk celery
- 1 (3-lb.) spaghetti squash
- 1 large yellow squash
- 3 baby heirloom tomatoes

- 1 pint cherry tomatoes

- 1 lb. trimmed snow peas

### DAIRY, MILK & EGGS

- 1 (8-oz.) tub light sour cream
- 1 stick unsalted butter
- 1 (16-oz.) bottle buttermilk
- 1 (8-oz.) log fresh mozzarella cheese

### MEAT, POULTRY & SEAFOOD

- 1 lb. skinless, boneless chicken breasts
- 1 lb. peeled and deveined raw shrimp
- 1¼ lbs. cod