



# Heart-Healthy Dinners on the Grill

Shopping list for the week of July 8<sup>th</sup>-14<sup>th</sup>, 2023

## PANTRY STAPLES

- Salt
- Kosher salt
- Black pepper
- Garlic powder
- Dried rosemary
- Dried oregano
- Ground coriander
- Cayenne pepper
- Ground allspice
- Dried marjoram
- Ground cumin
- Salt-free Cajun seasoning
- Granulated sugar
- Agave nectar
- Avocado oil
- Extra-virgin olive oil
- Balsamic vinegar
- Rice vinegar
- Whole-grain mustard

## GROCERY

- 1 whole-wheat baguette
- 1 (8-ct.) package corn tortillas
- 1 (8-oz.) box whole-wheat penne pasta
- 1 (16-oz.) bag quinoa
- 1 (15.5-oz.) can low-sodium cannellini beans
- 1 (8-oz.) bag walnuts
- 1 (12-oz.) bag frozen zucchini noodles
- 1 (6-ct.) bag frozen corn on the cob
- 1 (750-mL.) bottle white tequila
- 1 (750-mL.) bottle orange liqueur

## PRODUCE

- 2 large bunches scallions
- 2 bunches fresh cilantro
- 1 bunch fresh flat-leaf parsley
- 1 bunch fresh mint
- 2 bunches fresh basil
- 1 bunch radishes
- 1 head iceberg lettuce
- 6 medium limes
- 2 medium lemons
- 2 small cucumbers
- 1 English cucumber

- 1 medium yellow summer squash
- 1 pint grape tomatoes
- 1 pint cherry tomatoes

- 16 button mushrooms
- 3 portobello mushrooms
- 3 medium avocados
- 1 head garlic
- 1 large red onion
- 2 medium red onions
- 1 small bell pepper (any color)
- 2 medium bell peppers (red, orange, and/or yellow)
- 1 lb. sweet mini bell peppers
- 2-lb. zucchini
- 1 (10-oz.) container pico de gallo
- 1 (14-oz.) container riced cauliflower
- 1 (16-oz.) pack strawberries

## DAIRY, MILK & EGGS

- 1 (8-oz.) container grated Parmesan cheese

## MEAT, POULTRY & SEAFOOD

- 1-lb. tri-tip sirloin steak
- 1-lb. large raw shrimp, peeled and deveined
- 1-lb. boneless, skinless chicken breast
- 4 (4-oz.) thin-cut boneless, skinless chicken breasts
- 1¼-lbs. skin-on salmon fillet