



Eay No-Cook Dinners Packed with Antioxidants

Shopping list for the week of July 15th -21st , 2023

PANTRY STAPLES

- Salt
 - Flaky sea salt
 - Black pepper
 - Extra-virgin olive oil
 - Toasted sesame oil
 - White-wine vinegar
 - Red-wine vinegar
 - Rice vinegar
 - Hot sauce
 - Mayonnaise
 - Dijon mustard
 - Crushed red pepper
 - White sesame seeds
 - Black sesame seeds
- 1 (8-oz.) bag pitted dates
 - 1 (16-oz.) jar peanut butter
 - 1 (6.8-oz.) bottle balsamic glaze
 - 1 (15-oz.) bottle reduced-sodium tamari
 - 1 (8-oz.) bottle ranch dressing
 - 1 (12-oz.) bottle mirin
 - 1 (1.7-oz.) container furikake seasoning
 - 1 loaf ciabatta bread
 - 1 loaf sourdough bread

PRODUCE

- 1 (16-oz.) bag shredded kale
- 1 (16-oz.) bag mixed greens
- 1 (8-oz.) bag snow peas
- 1 pint cherry tomatoes
- 1 medium tomato
- 5 medium avocados
- 1 small red onion
- 1 head garlic
- 1 (2-in.) piece fresh ginger
- 5 medium stalks celery
- 1 medium English cucumber
- 1 large cucumber
- 2 bunches scallions

GROCERY

- 2 (8-oz.) pouches microwavable brown rice
- 1 (18-oz.) bag rolled oats
- 1 (5-oz.) bag tortilla chips
- 1 (15-oz.) can black beans
- 1 (12-oz.) can pickled jalapeño peppers
- 1 (15-oz.) can no-salt-added chickpeas
- 1 (8.5-oz.) jar sun-dried tomatoes in oil

- 1 bunch fresh parsley
- 1 bunch fresh cilantro
- 1 bunch fresh chives
- 1 bunch fresh basil
- 1 bunch radishes
- 1 medium mango
- 5-6 limes
- 2-3 lemons

DAIRY, MILK & EGGS

- 1 (5-oz.) container nonfat plain Greek yogurt
- 1 (8-oz.) bag shredded Cheddar cheese
- 1 (5-oz.) container crumbled blue cheese
- 1 (8-oz.) package mozzarella cheese
- 1 (5-oz.) container grated Parmesan cheese

MEAT, POULTRY & SEAFOOD

- 12 oz. shredded cooked chicken breast
- 2 (5-oz.) cans skinless boneless salmon
- 1 (12-oz.) bag frozen cooked shrimp, peeled and deveined
- 12-oz. skinned sushi-grade tuna