



Cozy 450-Calorie Dinners for Summer

Shopping list for the week of August 12th-18th, 2023

PANTRY STAPLES

- Kosher salt
- Salt
- Black pepper
- Extra-virgin olive oil
- Canola oil
- Honey
- Spicy brown mustard
- Dijon mustard
- All-purpose flour
- White whole-wheat flour
- Baking powder
- Baking soda
- Light brown sugar
- Vanilla extract

GROCERY

- 1 whole-wheat baguette
- 1 (8-oz.) box whole-wheat orzo
- 2 (32-oz.) cartons no-salt-added chicken broth
- 1 (8.5-oz.) pouch cooked quinoa
- 3 (8-oz.) pouches precooked brown rice
- 1 (12-oz.) jar roasted red peppers
- 1 (3-oz.) package sun-dried tomatoes

- 1 (8-oz.) can pumpkin puree
- 1 (4-oz.) bag unsalted shelled pistachios
- 1 (4-oz.) bag sliced almonds
- 1 (2-oz.) can Old Bay seasoning
- 1 (2-oz.) jar pumpkin pie spice
- 1 (12-oz.) bag mini chocolate chips
- 1 (750-mL.) bottle dry white wine
- 1 (10-oz.) package frozen chopped spinach

PRODUCE

- 1 bunch fresh cilantro
- 1 bunch fresh dill
- 1 bunch fresh basil
- 1 bunch fresh oregano
- 1 (10-oz.) bag baby spinach
- 1 (5-oz.) bag mixed salad greens
- 2 medium yellow onions
- 1 medium red onion
- 1 small shallot
- 1 large head garlic
- 2 medium carrots
- 5½ lbs. zucchini
- 2 stalks celery
- 3 medium lemons

- 1 large orange
- 1 medium avocado
- 1 medium mango
- 1 large jalapeño pepper
- 1 large red bell pepper

DAIRY, MILK & EGGS

- 1 (5-oz.) container grated Parmesan cheese
- 1 (8-oz.) container crumbled feta cheese
- 1 (16-oz.) bag shredded part-skim mozzarella cheese
- 1 (6-ct.) carton large eggs
- 1 (8-oz.) container sour cream
- 1 (8-oz.) package cream cheese
- 2 (4-oz.) sticks unsalted butter
- 1 (1-pt.) carton buttermilk
- 1 (1-qt.) bottle whole milk

MEAT, POULTRY & SEAFOOD

- 1 (12-oz.) bag chicken meatballs (about 25 meatballs)
- 1 lb. raw shrimp, peeled and deveined (21-25 count)
- 1 lb. chicken cutlets
- 2 lbs. boneless, skinless chicken breast
- 1 (8-oz.) skinless salmon fillet