



## SHOPPING LIST

MONDAY



*Kale Salad with Peaches & Corn*

TUESDAY



*Zucchini Walnut Feta Cakes*

WEDNESDAY



*Ratatouille Pasta*

THURSDAY



*Socca with Sautéed Chard & Parmesan*

FRIDAY



*Warm Cauliflower & Israeli Couscous Salad*

### THINGS YOU PROBABLY HAVE ON HAND

- olive oil (3/4 c.)
- extra-virgin olive oil (2 tbsp.)
- balsamic vinegar (1 tbsp. + 2 tsp.)
- whole grain mustard (1 tsp.)
- honey (1 tsp.)
- Italian seasoning (1 tsp.)
- dried thyme (1/4 tsp.)
- dried basil (1/4 tsp.)

### FRESH PRODUCE

- 1 head garlic
- 1 yellow onion
- 3 peaches
- 1 large lemon
- 3 ears corn
- 3 medium zucchini
- 3 cups cherry tomatoes
- 1 medium head cauliflower
- 1 small eggplant
- 1 cucumber
- 1 bunch green onions
- 1 lg. bunch lacinato kale
- 1 bunch rainbow chard
- 2 oz. mixed salad greens
- 1 bunch parsley
- 1 pkg. fresh dill
- 1 pkg. fresh basil

### DAIRY & OTHER REFRIGERATED ITEMS

- 2 eggs
- 3 oz. feta
- 4 oz. goat cheese
- 1 small block vegetarian parmesan cheese
- 6 oz. plain nonfat Greek yogurt

### GRAINS, LEGUMES, PASTA & BULK

- quinoa (1/2 c.)
- chopped walnuts (1/4 c.)
- pine nuts (2 tbsp.)
- spaghetti (8 oz.)
- Israeli couscous (1 c.)
- chickpea flour (1 c.)
- golden raisins (1/4 c.)

### CANNED & JARRED GOODS

- sun-dried tomatoes (5)
- tomato paste (1 tbsp.)
- kalamata olives (1/2 c.)

### EVERYTHING ELSE

- 1 loaf ciabatta bread