

Shopping List

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PRODUCE

- | | |
|---|--|
| <input type="checkbox"/> watermelon | <input type="checkbox"/> garlic |
| <input type="checkbox"/> mango | <input type="checkbox"/> basil |
| <input type="checkbox"/> green beans (1 lb). | <input type="checkbox"/> avocado x 1 |
| <input type="checkbox"/> kale | <input type="checkbox"/> lemon x 2 |
| <input type="checkbox"/> yellow squash x 1 | <input type="checkbox"/> lime x 2 |
| <input type="checkbox"/> zucchini x 3 | <input type="checkbox"/> coleslaw mix |
| <input type="checkbox"/> cucumber (seedless) x 2 | <input type="checkbox"/> red onion x 2 |
| <input type="checkbox"/> corn (2 ears) | <input type="checkbox"/> |
| <input type="checkbox"/> carrots (1 lb. bag) | <input type="checkbox"/> |
| <input type="checkbox"/> green onions | <input type="checkbox"/> |
| <input type="checkbox"/> cilantro | <input type="checkbox"/> |
| <input type="checkbox"/> grape or cherry tomatoes | <input type="checkbox"/> |
| <input type="checkbox"/> x 2 | <input type="checkbox"/> |
| <input type="checkbox"/> heirloom tomato (1 lb) | <input type="checkbox"/> |

BAKERY/DELI

- | | |
|--|---|
| <input type="checkbox"/> Pepperoni (1 pkg) | <input type="checkbox"/> parmesan (block) |
| <input type="checkbox"/> Sourdough bread | <input type="checkbox"/> Naan (2 pkgs, 4 pcs total) |
| <input type="checkbox"/> Gruyere | <input type="checkbox"/> Slider Buns |
| <input type="checkbox"/> Goat Cheese | <input type="checkbox"/> |

MEAT

- | | |
|--|--------------------------|
| <input type="checkbox"/> Ground Beef (1 lb.) | <input type="checkbox"/> |
| <input type="checkbox"/> Chicken Thighs (1 lb. boneless) | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

CENTER AISLES

- | | |
|---|--|
| <input type="checkbox"/> roasted red pepper (1 jar) | <input type="checkbox"/> panko bread crumbs |
| <input type="checkbox"/> Dijon Mustard | <input type="checkbox"/> Chicken Stock |
| <input type="checkbox"/> Worcestershire sauce | <input type="checkbox"/> Flour (all-purpose) |
| <input type="checkbox"/> cider vinegar | <input type="checkbox"/> pine nuts |
| <input type="checkbox"/> balsamic vinegar | <input type="checkbox"/> garlic powder |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> onion powder |
| <input type="checkbox"/> ketchup | <input type="checkbox"/> paprika |
| <input type="checkbox"/> BBQ Sauce (your pick) | <input type="checkbox"/> |
| <input type="checkbox"/> mayonnaise | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

DAIRY

- | | |
|---|---------------------------------|
| <input type="checkbox"/> Cheddar | <input type="checkbox"/> butter |
| <input type="checkbox"/> greek yogurt - plain (8 oz.) | <input type="checkbox"/> |
| <input type="checkbox"/> eggs | <input type="checkbox"/> |
| <input type="checkbox"/> ricotta | <input type="checkbox"/> |
| <input type="checkbox"/> milk | <input type="checkbox"/> |
| <input type="checkbox"/> sour cream | <input type="checkbox"/> |

FROZEN/OTHER

- | | |
|---|--------------------------|
| <input type="checkbox"/> french fries (or sw. pot. fries) | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

tear or cut here

dinner MENU

- 1 **GRILLED CHEESE**
summer vegetable salad
watermelon
- 2 **ZUCCHINI FRITTERS**
w/cucumber yogurt sauce
roasted corn/avocado medley
- 3 **CHEESEBURGER PIZZAS**
marinated tomatoes &
cucumbers + oven fries
- 4 **TOMATO RICOTTA TART**
grilled green bean salad
- 5 **BBQ CHICKEN SLIDERS**
kale & mango slaw
macaroni and cheese
- 6
- 7

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