

## Checklists & Charts: The Shopping List—Grocery Bag: Salad Smarts

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### PRODUCE

- 1 small red onion
- 5 scallions
- 2 pints cherry tomatoes or 5 medium tomatoes
- 1 English cucumber
- 5 ounces baby arugula
- 1 large head romaine lettuce
- 1 1/2 pounds green beans
- 1 pound asparagus
- 1 large bunch basil
- 1 large bunch parsley
- 1 large ripe mango
- 1 lime, 1 large lemon

### STAPLES

- extra-virgin olive oil
- vinegars: red-wine, rice
- chili powder
- honey
- soy sauce
- 1 can (15.5 ounces) chickpeas
- sugar

### MEAT / POULTRY / FISH

- 2 boneless pork loin chops (1 pound total)
- 2 ounces sliced salami
- 1 rotisserie chicken
- 1 pound frozen large shrimp (peeled and deveined)

### DAIRY

- 4 ounces fresh mozzarella
- 2 1/2 ounces feta

### MISCELLANEOUS

- pitted green olives
- jarred roasted red peppers
- 3/4 pound short twisted pasta
- 3/4 pound soba noodles
- 2/3 cup converted long-grain white rice
- toasted sesame oil

