

# THE SHOPPING LIST

## GROCERY BAG: SATISFYING SALADS

### PRODUCE

- 1/2 pound green beans
- 10 ounces baby arugula
- 1 head radicchio
- 1 bunch scallions
- 2 garlic cloves
- 2 heads romaine lettuce
- 1 pint cherry tomatoes
- 2 limes
- 1/2 head napa cabbage
- 1 English cucumber
- 1 pound carrots
- 1 head cauliflower
- 3 lemons

### MEAT/POULTRY

- 1 pound chicken breast cutlets (about 6)
- 1 pork tenderloin (about 1 pound)
- 1 pound flank steak

### DAIRY

- 1/2 cup low-fat buttermilk
- 2 ounces pepper Jack cheese
- 4 ounces feta

### SPICE RACK

- Chipotle chile powder
- Red-pepper flakes
- Ground cumin

### STAPLES

- Olive oil
- Vegetable oil, such as safflower
- Red-wine vinegar
- Dijon mustard
- Light mayonnaise
- Soy sauce
- Penne pasta
- 1 can (15 ounces) chickpeas
- 1 can (15 ounces) cannellini beans

### MISCELLANEOUS

- Apricot jam
- Dried cherries
- Sliced almonds
- 1 package (10 ounces) frozen corn kernels
- Rice vinegar
- Toasted sesame oil
- Unsalted roasted peanuts
- Whole-wheat couscous
- Sun-dried tomatoes (not oil-packed)
- 1 can (14 ounces) artichoke hearts (water-packed)