

# the shopping list

## PRODUCE

- 2 garlic cloves
- 2 pints cherry or grape tomatoes, any color
- 8 large tomatoes
- 2 small red, yellow, or orange bell peppers
- 2 large fennel bulbs with fronds
- 3 small zucchini
- 2 medium cucumbers
- 3 ears corn
- 1 bunch basil
- 1 head Bibb or Boston lettuce
- 1 avocado
- 1 orange

## FISH AND POULTRY

- 1½ pounds halibut
- ½ pound deli turkey
- 1 rotisserie chicken

## MISCELLANEOUS

- ¾ pound medium pasta shells
- 2 cups couscous
- 1 country-style round bread loaf
- ½ cup tapenade
- 2 cans (5 ounces each) solid white tuna packed in water
- 10 ounces frozen lima beans

## DAIRY AND EGGS

- ½ cup ricotta
- 4 ounces provolone, thinly sliced
- 3 ounces farmer cheese
- 2 large eggs

## STAPLES

- extra-virgin olive oil
- vinegar: red-wine, rice
- sugar

