



Cookbook Summer Week #1
Shopping List

(M) Strawberry Gazpacho with Feta Crostini (T) Chicken Milanese with Arugula Salad (W) Mediterranean Mezze Plate (Th) Tabbouleh with Grilled Sausages (F) Vegetarian Nicoise Salad

Meat / Seafood	Quantity	Notes
fresh Italian sausage links	4	
chicken breasts, organic	2	boneless, skinless

Vegetables & Fruit	Quantity	Notes
tomatoes, medium	3 pounds + 2	
cherry or grape tomatoes	12 ounces	about 2 cups
cucumbers, medium	2	
red bell peppers	3	
red onion, medium	1	
strawberries	1 pint	
baby arugula	4 cups	
lemons	4	
Japanese eggplant	1 large	
fresh flat leaf parsley	2 bunches	
romaine lettuce heart	1	
green beans	8 ounces	
baby Yukon gold or fingerling potatoes	8	

Dairy	Quantity	Notes
eggs, large	4	
feta cheese	8 ounces	

Bakery/Misc	Quantity	Notes
whole wheat pitas	6	
sesame seeds	1 cup	
chickpeas (garbanzo beans)	2 cans	15 ounces each
bulgur wheat	1 cup	

Pantry Essentials	Quantity	Pantry Essentials	Quantity
olive oil	2 cups	garlic	5 cloves
grapeseed oil		kosher salt	4-1/4 teaspoons
balsamic vinegar		black pepper	1 teaspoon
white wine vinegar	1 Tablespoon	cayenne pepper	
chicken or veggie broth: low sodium	2 cups	paprika *	3/4 teaspoon
* sweet Hungarian paprika if you have it			