

## Grocery list — Week 6

### Produce

- 1½ lb white fish (halibut, cod, or mahi-mahi)
- 1 medium jalapeño
- 2 avocados
- 1 lime (for avocado sauce) + 1 lime (for watermelon salad dressing)
- 1 lemon (for avocado sauce)
- 2 cups green cabbage, shredded
- 2 cups purple cabbage, shredded
- 1 medium carrot
- ¼ cup + ¼ cup red onion (thinly sliced)
- ½ cup fresh cilantro
- 4 cups cherry tomatoes
- 1 small onion
- Fresh thyme
- Fresh tarragon
- Fresh basil
- Fresh mint
- 8 cups lettuce leaves
- 5 cups cubed watermelon
- 2 cups mini cucumbers, sliced

### Meat & seafood

- 4 pieces salmon
- 1½ lb boneless chicken thighs

### Dairy & refrigerated

- ½ cup buttermilk
- ¼ cup mayonnaise
- ½ cup feta cheese

## Bakery & grains

- 12 small (4-inch) tortillas
- 1 cup panko breadcrumbs
- 3 cups basmati rice (dry, for cooking)

## Canned & jarred

- Sweet pickles
- 1 teaspoon sriracha

## Pantry

- Olive oil
- Avocado oil
- Honey
- Dijon mustard
- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar
- Coconut sugar (or brown sugar)
- ¼ cup whole wheat or all-purpose flour

## Spices & seasonings

- Cumin
- Smoked paprika
- Sweet paprika
- Chili powder
- Spanish paprika (smoked paprika)
- Cayenne powder
- Italian seasoning
- Garlic powder
- Salt & pepper