

Grocery list — Week 10

Grilled Cedar Plank Salmon • Thai Chicken Skewers • Mediterranean Orzo Salad • Fresh Cherry Salad

Produce

- 1 lb fresh cherries
- 3 peaches
- 1 avocado
- 1 red bell pepper
- 2 cups cherry tomatoes
- 2 mini cucumbers
- 1 English cucumber
- 2 cups baby spinach
- 10 oz baby arugula
- 2 red onions
- 1 small yellow onion
- 3 cloves garlic
- 1 small piece fresh ginger
- 2 limes
- 1 bunch cilantro
- Fresh basil
- 1 jalapeño (optional)

Meat & seafood

- 1½ lb salmon fillet (skin removed)
- 2 lb boneless skinless chicken thighs

Dairy & refrigerated

- Butter
- Mayonnaise
- ½ cup feta cheese
- 2 oz goat cheese
- Dijon mustard

Bakery & dry goods

- 1 cup orzo (or other short pasta)
- 1 cup pecans

Canned & jarred

- 1 cup pitted Kalamata olives
- 1 can coconut milk

Pantry

- Olive oil
- Avocado oil
- Coconut oil
- Soy sauce
- Fish sauce
- Peanut butter
- Coconut sugar (or brown sugar)
- Honey
- Maple syrup
- White balsamic vinegar (or apple cider vinegar)

Spices & seasonings

- Paprika
- Onion powder
- Garlic powder
- Dried thyme
- Turmeric
- Sea salt
- Black pepper