

Grocery list — Week 12

Jerk Chicken Tacos • Grilled Salmon Sandwiches • Watermelon Gazpacho • Broccoli Blueberry Salad

Produce

- 1 small watermelon
- 3 ripe tomatoes
- 1 red bell pepper
- 1 English cucumber
- 2 gold kiwis
- 1 red onion
- 1 yellow onion
- 2 jalapeños
- 3 limes
- 1 head garlic
- 1 bunch cilantro
- Fresh mint
- Fresh basil
- 1 small cabbage
- Arugula
- 3 heads broccoli
- 2 cups blueberries
- 1 ripe (brown) plantain

Meat & seafood

- 8 boneless skinless chicken thighs
- 4 salmon fillets (skin removed)
- 1 lb bacon

Dairy & refrigerated

- Sour cream
- Mayonnaise
- Plain Greek yogurt
- Feta cheese
- Tartar sauce

Bakery & dry goods

- 12 small corn tortillas
- 4 brioche buns
- 1¼ cups pecans

Canned & jarred

- Pickles

Pantry

- Olive oil (plus extra-virgin for the gazpacho)
- Coconut oil
- Soy sauce
- Apple cider vinegar
- Sherry vinegar (or red wine vinegar)
- Maple syrup
- Sugar

Spices & seasonings

- Jerk seasoning
- Italian seasoning
- Garlic powder
- Smoked or sweet paprika
- Sea salt
- Black pepper