

Grocery list — Week 7

Grilled Chicken Breast • Baked Lemon Fish • Steak Salad • Greek Salad

Produce

- 4 ounces arugula
- 2 bell peppers
- 3 cups cherry tomatoes
- 2 English cucumbers
- 1 avocado
- 1 small red onion
- 2 lemons
- 4 cloves garlic
- Fresh dill
- Fresh parsley

Meat & seafood

- 4 boneless chicken breasts
- 1½ lb white fish fillets (cod, snapper, halibut, or similar)
- 10 ounces grilling steak (boneless prime rib or ribeye)

Dairy & refrigerated

- Butter
- ½ cup feta cheese (packed in brine)
- Blue cheese (optional, for the steak salad)
- Dijon mustard
- Grainy mustard

Canned & jarred

- ½ cup pitted Kalamata olives

Pantry

- Olive oil
- Avocado oil
- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar

Spices & seasonings

- Paprika
- Onion powder
- Garlic powder
- Dried oregano
- Sea salt
- Black pepper