

# Simple Eats - “Summer Surplus” Grocery List



## On The Menu This Week ...

Cilantro Ginger Bulgar with Grilled Chicken and Green Beans

Blackened Cod with Peach Tomato Salad

Mango Crab Cake

Apricot Grilled Pork Tenderloin and Peppers

Hoisin Glazed Chicken Burgers with Kale Slaw

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*Yields 4 servings per meal*

All ingredients are color-coded if you'd prefer to make only *some* of the weekly options. For ingredients that in numerous recipes (ie. limes), check the parenthesis to the right to see how many are in the recipes you're interested in making.

### Protein:

- ❑ 2 large chicken breasts
- ❑ 4 - 6 oz skinless cod filets
- ❑ 1 pound lump crabmeat
- ❑ 2 small pork tenderloins, about 3/4 lb each
- ❑ 1 1/4 pounds ground chicken

### Produce:

- ❑ 2 medium fresh jalapeno chile peppers
- ❑ 1 medium cucumber
- ❑ 1 - 1 lb bag (2 cups) of shredded cabbage with carrot coleslaw mix
- ❑ 3/4 pound (2 cups) of green beans
- ❑ 1 bunch (1/4 cup) sliced green onions
- ❑ 7 (2 + 3 + 1 + 1) limes + 2 tablespoons lime zest
- ❑ 1 large container (3/4 + 1/4 cup) of snipped mint
- ❑ 1 - 2 tablespoons grated fresh ginger
- ❑ 2 ripe peaches
- ❑ 2 (1 + 1) medium red onion
- ❑ 1 container (1/2 cup) of cherry tomatoes
- ❑ 1 bunch of (1/2 cup + 1/2 cup) fresh cilantro
- ❑ 3 tablespoons minced chives
- ❑ 1 container (1 cup) of micro greens or arugula
- ❑ 1 ripe mango (fresh or frozen)
- ❑ 4 peppers (red, yellow, or a combination)
- ❑ 2 large carrots (1 cup)
- ❑ 1 bunch of kale (1 cup)
- ❑ 4 sweet potatoes (or frozen bag of fries)

### Dry Goods & Bakery:

- ❑ Nonstick cooking spray
- ❑ 1 - 14 1/2 oz can of reduced-sodium chicken broth
- ❑ 1 cup bulgur
- ❑ 3/4 cup (1/2 + 1/4) teaspoon salt
- ❑ 7 (2 + 5) tablespoons olive oil
- ❑ 2 teaspoons celery salt
- ❑ 1 1/2 teaspoons dried thyme
- ❑ 1/4 teaspoon cayenne
- ❑ 1 3/4 teaspoons black pepper
- ❑ ~2 tbsp (1 tbsp + 1/2 tsp) honey
- ❑ 3/4 (1/4 + 1/2) cup mayonnaise
- ❑ 4 teaspoons Asian red chili sauce
- ❑ 1/4 cup + 5 1/2 (3 + 1 + 1 1/2) tablespoons vegetable oil
- ❑ 1 cup all purpose flour
- ❑ 2 cups panko (Japanese bread crumbs) or other dry bread crumbs
- ❑ 1/4 cup apricot jam
- ❑ 2 tbsp white wine vinegar
- ❑ 1/4 cup hoisin sauce
- ❑ 2 teaspoons sugar
- ❑ 4 hamburger buns

### Dairy & Refrigerated:

- ❑ 3 large eggs