

# 8

Common ingredients in this planner are carrots, cilantro, onions, tomatoes, and watermelon.

## SHOPPING LIST

**Why 2 kinds of RICE VINEGAR?** We call for two kinds of rice vinegar, because seasoned rice vinegar has added sugar and salt.

### produce

- cantaloupe, 1
- fresh basil
- fresh cilantro
- fresh mint
- garlic
- hot red chiles, 2
- large vine-ripened tomatoes, 4
- limes, 7
- mini sweet bell peppers, 1 (8-ounce) package
- napa cabbage, 1
- presliced green onions
- red bell pepper, 1
- refrigerated prechopped celery, onion, and bell pepper mix, 1 (8-ounce) container
- seedless watermelon, 1 medium
- white onions, 2
- carrots, 5-6
- fresh bean sprouts,  $\frac{3}{4}$  cup
- fresh ginger
- fresh parsley
- honeydew, 1
- jalapeño pepper, 1
- pickling cucumber, 1
- red onion, 1

### meat/fish/poultry

- boneless center-cut loin pork chop, 1 (4-ounce) chop
- flank steak, 1 pound
- large shrimp, peeled and deveined, 24 (about 1½ pounds)
- pulled skinless, boneless rotisserie chicken breast (about 2 breast halves)
- tilapia fillets, 4 (5-ounce) fillets

### dairy

- goat cheese, 1 ounce
- plain yogurt, about 4 ounces
- large eggs

### freezer

- frozen hash browns

### staples

- agave syrup
- commercial olive tapenade
- coriander
- corn tortillas, 8 (6-inch)
- creamy peanut butter
- crushed red pepper
- crystallized ginger
- dark sesame oil
- diced tomatoes, 1 (14.5-ounce) can
- dried soba noodles
- fat-free, lower-sodium chicken broth, 1 (32-ounce) carton
- garam masala
- lightly salted peanuts
- lower-sodium soy sauce
- microwaveable precooked basmati rice, 1 (8.5-ounce) package
- rice paper, 4 (8-inch) round sheets
- rice vinegar
- seasoned rice vinegar
- sugar
- tomato paste
- whole-grain extra-wide noodles

### miscellaneous

- crushed chipotle chile flakes
- orange-flavored liqueur (Cointreau)
- red curry paste
- sambal oelek (ground fresh chile paste)
- spicy peanut sauce