

Weeknight Barbecue GROCERY LIST



THIS WEEK'S RECIPES:

Fig Balsamic Glazed
Chicken Thighs
Grilled Cajun Shrimp With
Summer Vegetable Orzo
Grilled Bacon-Stuffed
Pork Chops
Grilled Pizza
Salmon Kabobs With
Baby Bok Choy

YOU'LL ALSO NEED:

Butter
Olive Oil
Vegetable oil
Lemon juice
Salt
Pepper

- 4 baby bok choy
- 2 tsp minced fresh ginger
- 1 cup cherry tomatoes
- ½ eggplant
- 1 small onion
- 2 zucchinis
- 2 corn cobs
- 1 carrot
- 1 shallots
- ¼ cup fresh oregano
- 1 cup fresh basil
- 6 cloves garlic

- 2 cups cubed whole wheat bread

- ¼ cup grated Parmesan cheese
- 1 tub (200 g) bocconcini cheese,
(about 8 pieces)

- 1 lb jumbo shrimp
- 4 skinless salmon fillets
- 1.3 kg bone-in chicken thighs,
skin removed (about 8 pieces)
- 6 slices sodium-reduced bacon
- 4 boneless pork chops, (about
1 lb/450 g total)

- ¼ cup fig spread, (jam)
- 4 tbsp balsamic vinegar
- 1 tbsp grainy mustard
- 1 tbsp oyster sauce
- 3 tsp sesame oil
- 1 tsp liquid honey
- ½ cup bottled strained tomatoes,
(passata)
- ¼ cup dry white wine
- 1 cup orzo
- 3 cups all-purpose flour
- 2 tsp quick-rising instant dry yeast
- ¼ tsp hot pepper flakes
- 1 tsp Cajun seasoning
- 1 tsp dried oregano
- 4 tsp soy sauce