

This week's shopping list:

Baking Aisle	salt-free Spice (Cajun and One you think would go well with fish) fresh parsley or dried parsley sesame seeds lower-sodium veggie broth or Better Than Boullion Kosher salt ground black pepper Cooking spray GOOD olive oil
Condiments	panko (Japanese breadcrumbs) Guacamole ketchup hoisin sauce lower-sodium soy sauce rice vinegar peanut oil
Diary	milk Greek yogurt 5 oz Gruyère cheese or Fontina 4 oz grated pecorino Romano cheese 1 oz grated fresh Parmigiano-Reggiano cheese 1/2 cup any cheese (cheddar?)
Fish	7 eggs Salmon
Meat	burgers
Pasta	1 pound cavatappi or other twisty pasta about 1[1-pound] squash garlic pineapple
Vegetable	1 (14-ounce) package extra-firm tofu ginger 1 serrano or other type of chile 2 (1-pound) eggplants green onions 2 medium Russet potatoes 1 small red bell pepper 1 bag spinach sliced mushrooms 1 small head of broccoli cherry tomatoes