

A really simple meal plan v3 grocery list

Meat

- 8 (4-6 ounce) boneless skinless chicken breast
- 4 (1 1/2 inch-thick) boneless pork chops
- 1 1/2 pounds boneless skinless chicken thighs
- Optional: 1 to 2 pounds (depending on how many people you're feeding – check the farrotto meal) large peeled deveined shrimp (I buy them frozen)

Produce

- 2 garlic heads
- 4 lemons
- 3 large apples (such as Granny Smith or Honeycrisp, or both)
- 1 bag shredded carrots
- 1 Nectarine
- 1 medium yellow onion
- 1 large red onion (save a few sliced for the Pork Chop Chop)
- 1 bunch of fresh thyme
- 1 bunch fresh basil
- 1 bunch of dill
- 3 large carrots
- 1 English cucumber
- 1 small bag arugula
- 1 head Bibb lettuce
- 1 head iceberg lettuce
- 2 bunches lacinato kale (AKA the flat, not curly kind), or 3 10-ounce bags of shredded kale
- 1 (2.5 - 3pd) spaghetti squash
- 2 pounds of cherry, sun gold or grape tomatoes

Dairy

- 7 eggs
- 1 small container whole milk
- 1 small container buttermilk
- 1 stick of butter (or you can use EVOO)
- 1 cup sour cream, ricotta, Greek yogurt, or cottage cheese (use what's in the fridge)
- 8 ounce bag shredded Cheddar cheese
- 1 large block of Parmesan cheese
- Blue or feta cheese

Oils, Vinegars, Sauces

- extra-virgin olive oil
- 2 (48-ounce) bottles canola oil
- Neutral oil (such as avocado)
- Apple cider vinegar
- Mayonnaise
- Chili crisp
- Dijon mustard
- Balsamic vinegar (or you can use apple cider)

Shelf

- 1 pound angel hair pasta
- 1 cup instant polenta (check the bag before you buy it – you want the kind that takes about 5 minutes to cook)
- 2 quarts (8 cups) low-sodium chicken broth or stock
- 1 cup orzo or 3/4 cup white rice
- 1 (14.5 ounce) can cannellini beans
- 3 1/2 cups all-purpose flour
- Baking Powder
- Hamburger buns (ideally potato rolls or a nice brioche bun but anything works!)
- Bread and butter (or dill) pickles
- 1 cup Panko breadcrumbs
- Tortillas (corn, flour, or grain-free – I love Siete brand Cashew tortillas)
- Candied walnuts or pecans
- Dried cranberries or yellow raisins

Spices

- Kosher salt
- Freshly ground black pepper
- Red pepper flakes
- Garlic Powder
- Dried oregano
- Smoked paprika
- Celery salt
- Everything bagel seasoning