

# A really simple meal plan v.5 grocery list

## Meat + Seafood

- 2 pounds boneless, skinless chicken thighs (look inside the package — you want at least 1 1/2 thighs per person, so you might need more than 2 pounds!)
- 2 pounds ground turkey
- 4 pounds beef short ribs
- 8 to 10 slices bacon

## Produce

- 1 (14- to 16-ounce) block of firm tofu
- 2 small delicata squash
- 4 limes
- 1 lemon
- 3 medium yellow onions
- 1 large avocado
- 1 bag peeled garlic (or 1 garlic bulb)
- 1 large Honeycrisp apple
- 1 small box of baby arugula
- 1 small box of mixed greens
- 1 cup of parsley
- 6 cups chopped romaine
- 1 large sweet potato
- 1/4 cup pomegranate seeds
- 2 bunches green onions
- 2 large carrots
- 2 celery stalks
- 2 baby bok choy
- 2 red bell peppers
- 1 head romaine lettuce
- 1 (16 ounce) bag frozen corn
- 1 container fresh pico de gallo
- 1 bag shredded Brussels sprouts (or whole Brussels if you can't find shredded)

## Dairy + Eggs

- 1 stick of butter (or you can use EVOO)
- 4 to 8 ounces goat cheese
- 5 ounce block of Gruyère
- 10 ounces of shredded white cheddar cheese
- cottage cheese
- greek yogurt

- 10 large eggs

## Oils, Vinegars, Sauces

- extra-virgin olive oil
- neutral cooking oil
- red wine vinegar
- apple cider vinegar
- fish sauce
- honey
- maple syrup
- dijon mustard

## Shelf

- 1 1/2 cups grits
- tortilla chips
- 1 package corn or flour tortillas
- 1 (15-oz) can of black beans
- 1 (14.5-oz) can diced tomatoes
- 1/2 cup raw walnuts or pecan halves
- 1/2 cup of medjool dates
- 1 (14.5-ounce) can coconut milk
- 1 quart beef broth (or beef Better Than Bouillon)
- 1 quart (4 cups) vegetable or chicken stock
- 4 ounces (AKA half a box) rice noodles (sometimes called pad Thai or stir-fry noodles)
- Mexican hot sauce
- 1 jar salsa verde
- Red curry paste
- brown sugar

## Spices

- kosher salt
- freshly ground black pepper
- garlic powder
- dried thyme
- red pepper flakes
- garam masala
- ground ginger