

A really simple meal plan v2 grocery list

Meat

- 3 pounds chicken breast tenders or thin-sliced chicken breasts
- ½ pound thinly sliced deli turkey (if you don't like it, grab a rotisserie chicken, or can of chickpeas. We just need to add protein to our day 3 lunch!)
- 1 (1 ½ to 2 pound) flank steak
- 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

- 3 limes
- 2 lemons
- 1 medium yellow onion
- 1 small red onion
- 1 jalepeño
- 8 ounces strawberries
- 2 avocados
- 1 bunch fresh cilantro
- 1 bunch fresh basil
- 1 large or small container baby kale or mixed greens (depending on how many salads you'll be making for lunches – check the menu)
- 3 pounds ripe tomatoes
- 1 large shallot
- 1 bag peeled garlic (or 1 garlic bulb, but make your life easier and buy pre-peeled eh?)
- Sour cream or Greek yogurt (or any plain yogurt)
- 4 ears of corn
- 1 pint cherry tomatoes
- 1 pound medium-width asparagus
- Small piece of fresh ginger (or frozen ginger cubes)
- 2 bell peppers
- 1 English cucumber

Dairy

- 1 stick of butter (or you can use EVOO)
- 1 container feta cheese (pre-crumbled is easier to use, but much less delicious)
- 8 ounce bag shredded Cheddar cheese (ideally white cheddar)
- 1 small block of Parmesan cheese

Oils, Vinegars, Sauces

- extra-virgin olive oil
- Neutral oil (such as avocado)
- Low-sodium soy sauce
- Rice vinegar
- Honey
- Tahini
- Chili crisp

Shelf

- 1 ½ cups sushi rice (or other white rice)
- Farro (semi-pearled, if you can find it, but any kind works)
- 1 can full-fat coconut milk
- Toasted pepitas or almonds (or whatever nut you already have in the pantry)
- 1 pound any pasta (but I really like spaghetti with the sunshine pasta!)
- 1 jar salsa verde
- 1 quart chicken stock (or any flavor of Better Than Bouillon)
- Dry white wine (sauv blanc – you can omit this if you're not a drinker and the rest of the bottle will go to waste)

Spices

- kosher salt
- freshly ground black pepper
- Everything bagel seasoning
- Chili powder
- Cajun, jerk, or blackening seasoning, OR:
 - smoked paprika, onion powder, garlic powder, dried thyme, black pepper, cayenne

Freezer

- Peas