

A really simple meal plan v.7 grocery list

FROM WHAT TO COOK WHEN YOU DON'T FEEL LIKE COOKING BY CAROLINE CHAMBERS

Meat + Seafood

- 1 1/2 pounds ground beef (80/20 — this fat percentage is really important!)
- 1 pound ground chicken OR turkey
- 4 (6 oz.) salmon filets
- 1 to 1 1/2 pounds pork tenderloin

Produce

- 1 large head green leaf or bibb/butter/boston lettuce
- 1 pound of broccoli florets
- 1 head kale (curly or lacinato)
- 2 sweet potatoes
- 1 to 2 pounds Yukon or Dutch Gold potatoes (1 pound for 2 people, 2 pounds for 4 people; OR frozen fries)
- 1/2 cup blueberries
- 1 red bell pepper
- 1 large zucchini
- 2 large carrots
- 2 bunches of green onions
- 1 avocado
- 1/4 cup pickled ginger (like what comes with sushi) or 2 inches fresh ginger
- 2 lemons
- 1 lime
- 1 large garlic bulb
- 1 large yellow onion
- chives
- 2 cups frozen corn

Dairy + Eggs

- unsalted butter
- whole milk
- 8 slices American (or whatever) cheese
- 1 bag shredded cheddar, Mexican, pepper jack, or whatever cheese you want

Oils, Vinegars, Sauces

- extra-virgin olive oil
- neutral cooking oil
- vegetable oil (for frying fries)

- ketchup
- yellow mustard
- dijon mustard
- mayonnaise
- apple cider vinegar
- rice wine vinegar
- gochujang (or you can use sriracha)
- sriracha
- low-sodium soy sauce
- honey
- fish sauce

Shelf

- 2 cups low-sodium vegetable stock
- 4 hamburger buns (the thinner the better — I like potato or brioche buns but good ole Ball Park buns will do the trick!)
- 12 (6-inch) corn tortillas
- 2 (28-ounce) cans whole peeled tomatoes
- 1 (4-ounce) can diced green chilis
- 1 (14.5-ounce) can black beans
- 1 (28-ounce) can red enchilada sauce
- 1 (14.5-ounce) can cannellini or navy beans
- bread and butter pickles (or just use relish)
- cashews
- chopped almonds
- dates
- 2 cans (14 oz.) of coconut milk
- white rice or sushi rice (you'll need 3 dry cups)
- brown sugar
- all-purpose flour
- baking powder

Spices

- kosher salt
- black pepper
- lemon pepper (or black pepper)
- garlic powder
- taco seasoning (or chili powder, garlic powder, oregano, and cumin)