

A really simple meal plan v.4 grocery list

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

Meat + Seafood

- 4 (6-oz) cod filets
- 1 (9-oz) tube of Mexican chorizo
- 1 rotisserie chicken
- 4 ounces sliced soppressata

Produce

- 1 banana (freeze it)
- 2 limes
- 4 lemons
- 1 medium red onion
- 1 piece of fresh ginger (that's at least 3 inches long) or frozen ginger cubes
- 1 bag peeled garlic (or 1 garlic bulb)
- 1 small red apple
- 1 bunch of chives
- 1 bunch cilantro (optional, for the tacos)
- 1 bag/container of baby arugula
- 1 head of lacinato kale
- 1 (10- to 12-oz) bag of chopped kale (or another head of lacinato or curly kale)
- 1 head romaine lettuce
- 1 small fennel bulb
- 1 large navel orange
- 1 fuyu persimmon
- 1 serrano pepper
- pea shoots or sprouts
- 2 cups of fresh or frozen veggies if you don't already have some in your fridge or freezer (like carrots, peas, bell pepper, etc., for fried rice)

Dairy + Eggs

- 1 stick of butter (or you can use EVOO)
- 2 ½ cups of whole milk (another milk is fine)
- 1 cup unsweetened almond milk
- 8 ounce block Cheddar
- 4 ounces smoked Gouda
- 1 small block Parmesan
- shredded Cheddar cheese
- 6 ounces shredded Mozzarella cheese
- ½ cup grated ricotta salata (the hard, not soft kind), cotija, or feta cheese

- 2 cups of greek yogurt
- 2 eggs
- 1 (16-oz) ball fresh pizza dough
- pesto (if you're making the pesto chicken sandwich)

Oils, Vinegars, Sauces

- extra-virgin olive oil
- low-sodium soy sauce
- red wine vinegar
- honey

Shelf

- 1 ½ cups sushi rice (or other white or brown rice) OR frozen rice (you'll need about 4 cooked cups)
- 8 corn tortillas (try to find "street tacos")
- tortilla chips
- sandwich bread (if you're making the pesto chicken sandwich)
- 1 can pumpkin or butternut squash purée
- 1 (15-oz) can of black beans
- 1 (14-oz) can diced or whole tomatoes
- 1 can of chipotles en adobo
- breadcrumbs
- toasted pepitas or almonds (or whatever nut you already have in the pantry)
- 1 pound shells pasta (or any shape pasta will do)
- 2 tbsp raw walnuts
- 2 medjool dates
- maple syrup
- vanilla extract
- white sugar
- toasted pumpkin seeds

Spices

- kosher salt
- freshly ground black pepper
- sesame seeds
- garlic powder
- dried thyme
- dried dill weed
- smoked paprika
- mustard powder

- ground nutmeg
- apple pie spice (or ground cinnamon)