

# A really simple meal plan v. 9 grocery list

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

## Meat + Seafood

- 1 flank steak (1 to 2 pounds, depending on how much you want/need)
- 2 pounds ground turkey
- a rotisserie chicken (or 1 1/2 cups any shredded chicken)
- 1 pound peeled, deveined shrimp (preferably ~20/pound)

## Produce

- 1 large head of cauliflower
- 1 container arugula
- 1 container (or a few heads) of romaine
- A bag (or head) of broccoli florets (fresh or frozen)
- A sliceable tomato and onion (optional; only if you want to top your turkey burgers with them)
- pint of cherry tomatoes
- 2 large zucchinis
- 4 ears of corn
- 3 large Haas avocados
- 1 English cucumber
- 2 red, orange, or yellow bell peppers
- head/bulb of garlic
- 2-inch piece fresh ginger
- 1 large shallot
- 1 large lime
- 3 large lemons
- 3 cups cubed watermelon
- fresh or frozen English peas
- fresh cilantro
- fresh basil leaves
- fresh parsley
- fresh mint

## Dairy + Eggs

- unsalted butter
- feta cheese
- 2 ounces (1/2 cup grated) Parmesan cheese, plus more for garnish
- bag of shredded Mexican cheese
- sour cream
- 2 large eggs

## Oils, Vinegars, Sauces, Pickles

- extra-virgin olive oil
- neutral cooking oil (like avocado or grapeseed oil)
- cooking spray
- low-sodium soy sauce
- rice vinegar
- apple cider vinegar
- balsamic vinegar
- honey
- miso
- mayonnaise
- tahini
- harissa
- salsa verde

## Shelf

- 8 to 10 (8-inch) flour tortillas
- English muffins
- fresh or dried ramen noodles (1 serving or pack per person)
- orzo pasta
- 3 cups of whatever grain you love (quinoa, farro, or brown rice; either dried or frozen)
- 1 (14.5 ounce) can white beans, such as cannellini, chickpeas, navy, or great northern
- panko or Italian breadcrumbs
- 1 quart low-sodium chicken stock (or BTB + water)

## Spices

- kosher salt
- black pepper
- red pepper flakes
- everything bagel seasoning
- chili powder
- garlic powder
- toasted sesame seeds or any chopped toasted nut you love