

A really simple meal plan v.8 grocery list

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

Meat + Seafood

- 1 1/2 pounds ribeye beef (we are going to slice this really thinly — sometimes stores carry it thinly sliced or the butcher will do it for you)
- 5 (6-ounce) salmon filets (skin on or off — doesn't matter; buy the biggest, thickest filets and make sure they're all about the same size)
- 1 pound ground turkey or chicken

Produce

- 5 red bell peppers
- 3 large yellow onions
- 1 small shallot
- garlic (you'll only need 2 cloves)
- 16 ounces (2 cups) butternut squash cubes (try to buy pre-cut; if not, buy 1 large butternut squash)
- 1 1/2 pounds baby potatoes (fingerling or any little potato)
- 1 lb. mushrooms (any kind)
- 2 medium zucchini
- mixed greens
- baby arugula
- kimchi
- 1 large English cucumber (or 2 small)
- 3 large lemons (we're just using the juice here so conventional is fine)
- 4 large organic lemons (organic if possible because we're zesting them)
- 1 bunch asparagus
- 1 pack/bunch parsley
- 2 packs/bunches dill
- 1 pack/bunch chives
- 1 pack/bunch thyme
- Grated or matchstick carrots, avocado, cilantro, scallion, mango, jalapeño — these are all optional toppings for your bulgogi bowls!*

Dairy + Eggs

- 1 egg
- sour cream
- mayonnaise (you'll need ~2.5 cups)
- crumbled feta
- butter

- 6 oz. Gruyère
- block of Parmigiano Reggiano

Oils, Vinegars, Sauces

- soy sauce
- extra-virgin olive oil
- sesame oil
- gochujang (Korean chili paste) or sriracha
- rice wine vinegar
- Sugar
- honey
- Dijon mustard

Shelf

- 1 quart vegetable broth (or water + vegetable-flavored Better Than Bouillon)
- 2 quarts beef stock (or water + beef-flavored Better Than Bouillon)
- sugar (or honey)
- sushi rice
- short-grain brown rice
- peanuts (options, for topping your bulgogi bowls)
- walnuts (1 cup)
- pistachios
- 2 large French baguettes (or 1 large baguette + another loaf of good bread)
- white wine (any that isn't super sweet)
- panko breadcrumbs
- couscous

Spices

- kosher salt
- black pepper
- Smoked paprika
- red pepper flakes
- dried oregano
- garlic powder (or 2 grated garlic cloves)

Frozen Foods

- green peas (or shelled edamame)