

A really simple meal plan v.6 grocery list

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

Meat + Seafood

- 5-7 boneless skinless chicken breasts (about 6 oz. each) — (5 if you're feeding 1 or 2 people dinner; 7 if you're feeding 4 people dinner)
- 2 pounds ground turkey
- 4 halibut filets (best to purchase these the day you're going to cook them)

Produce

- 3 large bunches of lacinato kale
- 2 bunches curly kale
- 4 (5-ounce bags) of baby spinach (or 2 large bunches, roughly 12 ounces each)
- 1 head of cauliflower
- 1 1/2 pounds yellow baby Dutch potatoes
- 3 large sweet potatoes
- 2 red bell peppers
- 1 oz. fresh basil leaves
- 1/4 cup chopped soft green herbs such as cilantro, dill, parsley, mint, and/or basil
- 1 basket of cherry tomatoes
- 5 lemons
- 5 limes
- 1 bag pre-peeled garlic (20 garlic cloves)
- 1 large garlic bulb
- 1 large persimmon or apple or pear
- 1 large orange (sumo if possible)
- 1 red onion
- 1 large yellow onion
- 2-inch piece fresh ginger
- 1 1/2 cups frozen white corn

Dairy + Eggs

- unsalted butter (or you can use EVOO)
- 1 (8-ounce) block of Parmigiano Reggiano (Parmesan) — try your hardest to find “Parmigiano Reggiano”
- 4 ounces goat cheese
- 8 ounce block feta
- 1/2 cup Greek yogurt
- 4 ounces cream cheese

Oils, Vinegars, Sauces

- extra-virgin olive oil
- neutral cooking oil
- sesame oil
- balsamic vinegar
- apple cider vinega
- rice wine vinegar
- low-sodium soy sauce
- maple syrup
- dijon mustard

Shelf

- 1 quart chicken broth (or Better Than Bouillon)
- 1 pound pasta (absolutely any kind but I prefer a short noodle like paccheri or rigatoni here)
- rice (optional, to serve with your fish — or you could grab frozen rice to make life easier!)
- golden raisins
- roasted salted pistachios
- macadamia nuts (1/2 cup) OR pistachios or cashews
- 1 large bag of quinoa (you need 2 cups dried)
- panko breadcrumbs
- 2 (15 ounce) cans chickpeas (ideally salted)
- 3 cans cannellini beans
- 1 (12- to 16-ounce) jar salsa verde
- granulated sugar

Spices

- kosher salt
- pepper
- red pepper flakes
- paprika
- garlic powder
- cumin
- ground coriander
- turmeric
- cayenne pepper
- chili powder
- dried oregano