

A really simple meal plan v.10 grocery list

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

Meat + Seafood

- 1 ½ pounds skinless, boneless white fish filets (I like cod, but anything you can find fresh is ideal!)
- 1 (6- to 8-pound) bone-in pork butt (AKA pork shoulder)
- 1 pound peeled, deveined shrimp
- 1 rotisserie chicken
- 1 pound ground beef (I used 85% lean/15% fat)

Produce

- 1 or 2 bagged salad kits (my current faves are Taylor Farms' Mediterranean Crunch and Fresh Express Sunflower Crisp)
- 1 (14 ounce) bag shredded coleslaw
- 1 head green cabbage
- 2 ½ pounds cherry tomatoes
- 1 pound medium-width asparagus
- 1 bunch green onions
- 1 bunch parsley
- 1 bunch cilantro
- 1 package/bunch mint
- Basil (optional — you could use parsley instead)
- 1 serrano chili pepper
- 1 bird's-eye chile (or second serrano pepper)
- 1 head of garlic
- 1 lemon (preferably organic)
- 4 large limes
- 1 head of romaine
- 4 red bell peppers
- 1 ripe mango
- 1 cucumber (optional for your pork noodle bowls!)
- 3 large carrots
- 2 large avocados
- 1-inch piece fresh ginger
- 1 medium yellow onion
- 1 pound cauliflower rice
- Spinach or kale (2 big handfuls)

Dairy + Eggs

- Mayonnaise

- Feta cheese
- 1 (5.2-ounce) package Boursin Garlic & Herbs (or any flavor Boursin!)
- Parmesan cheese
- 1 cup grated/shredded Cheddar or Mexican cheese

Oils, Vinegars, Sauces

- EVOO
- Red wine vinegar (or any clear vinegar)
- Fish sauce
- Apple cider vinegar
- Rice vinegar
- Low-sodium soy sauce
- Hot sauce (I used Red Clay's Original)
- Ketchup
- Sriracha (optional)

Shelf

- 3 cups of a grain (like quinoa, brown rice, white rice, etc.)
- 1 package vermicelli noodles (AKA rice sticks)
- 8 potato buns
- Potato chips
- 14-16 corn or flour taco tortillas
- 1 pound spaghetti
- Roasted, salted peanuts
- Brown sugar
- White sugar
- Creamy peanut butter (OR sesame oil)
- All-purpose flour
- 1 (28-ounce) can diced tomatoes

Spices

- Kosher salt
- Black pepper
- Dried oregano
- Taco seasoning