

quick &
exciting ways
to transform
tonight's
dinner *into*
tomorrow's
feast

SHOPPING
LISTS

COSTCO
WHOLESALE
EDITION

COOK ONCE

DINNER FIX

Cassy Joy Garcia

BEST-SELLING AUTHOR OF COOK ONCE, EAT ALL WEEK

COOK ONCE

DINNER FIX



Shopping Lists

Within each of these shopping lists, we've highlighted the ingredients you can pick up at your local Costco!*

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*Item availability may vary by store location

POULTRY



Barbeque Chicken Casserole with Sweet Potato

and

Baked Chicken Chimichangas with Beans and Slaw

Produce

Cabbage, purple, ½ head

Carrots, shredded, 3 ounces (½ cup)

Cilantro, ½ bunch

Collard greens, 1 bunch

Jalapeño, 1

Lemon, 1

Limes, 2

Onion, red, ¼

Sweet potatoes, 3 pounds

Meat

Chicken breast or tenders, boneless, skinless, 4 pounds

Dairy

Butter, salted, 2 tablespoons

Mexican-style cheese, shredded, 4 ounces (1 cup)

Sour cream, 4.2 ounces (½ cup)

Pantry

Barbeque sauce, 7.2 ounces (¾ cup)

Beans, refried, 9.2 ounces (1 cup)

Olive oil, extra-virgin, 2.5 fluid ounces (5 tablespoons)

Salsa, red, 7.9 ounces (1 cup)

Tortillas, flour, large 12-inch, 8

Seasonings

Chili powder, mild, 1 tablespoon

Cumin, ground, 1 tablespoon plus ½ teaspoon

Garlic powder, ½ teaspoon

Onion powder, ½ teaspoon

Oregano, dried, ½ teaspoon

POULTRY



Chicken Sloppy Joes

with Ginger Carrot Slaw

and

White Enchilada Casserole

with Tomato Avocado Salad

Produce

Avocado, 1
Carrots, whole, 6 to 8
Cherry tomatoes, 1 pint
Cilantro, 1 ½ bunches
Ginger, fresh, 1 (1-inch) piece
Limes, 4
Radishes, 1 bunch
Red onion, ¼

Meat

Chicken breast, boneless, skinless, 4 pounds

Dairy

Butter, salted, 2 tablespoons
Milk, 8 fluid ounces (1 cup) *may substitute 1 cup chicken broth
Monterey Jack Cheese, shredded, 11.9 ounces (3 cups)
Sour cream, 8.5 ounces (1 cup)

Pantry

Corn tortillas, 12
Green chiles, 1 (4.5 ounce) can
Hamburger buns, 6
Honey, 2 tablespoons
Ketchup, 4.8 ounces (½ cup)
Olive oil, extra-virgin, 2 tablespoons
Yellow mustard, prepared, 2.1 ounces (¼ cup)

Seasonings

Cumin, ground, 1 teaspoon
Garlic powder, ½ teaspoon
Onion powder, ½ teaspoon

POULTRY



Sun-Dried Tomato Bacon Chicken Pasta

and

Jamaican-Inspired Bowls with Mango Salsa and White Rice

Produce

Bell pepper, red, 1

Cilantro, ¼ bunch

Lemons, 1 ½

Limes, 3

Mango, 1 large

Parsley, 8 stems

Meat

Bacon, 16 ounces (1 pound)

Chicken thighs, boneless, skinless, 3 pounds

Dairy

Heavy cream, 2 fluid ounces (¼ cup)

Parmesan cheese, grated, 2 tablespoons

Pantry

Black beans, 1 (15-ounce) can

Chicken broth, 4 fluid ounces (½ cup)

Olive oil, extra-virgin, 3.2 fluid ounces (1/3 cup,
plus 1 tablespoon)

Penne, dried, 12 ounces

Rice, white, uncooked, 6.3 ounces (1 cup)

Soy sauce or tamari, 2 fluid ounces (¼ cup)

Tomatoes, sun-dried, ½ cup

Seasonings

Allspice, ground, 2 teaspoons

Cinnamon, ground, ¼ teaspoon

Garlic powder, 1 teaspoon

Nutmeg, ground, ¼ teaspoon

Onion powder, 1 teaspoon

Thyme, dried, 2 teaspoons

POULTRY



Teriyaki Chicken

with Brown Rice

and

Bacon Ranch Loaded potato

Produce

Broccoli, 2 medium heads or 6 cups florets

Cilantro, 8 stems

Green onions, 2

Potatoes, Yukon Gold, 1 pound

Meat

Bacon, 8 ounces

Chicken breasts, boneless, skinless, 3 pounds

Pantry

Coconut aminos, 12 fluid ounces (1 ½ cups)

Fish sauce, ¼ teaspoon

Olive oil, extra-virgin, 2 tablespoons

Ranch dressing, 2 fluid ounces (¼ cup)

Rice, brown, uncooked, 6.3 ounces (1 cup)

Sesame oil, toasted, 2 teaspoons

Vinegar, rice wine, 1 ½ tablespoons

Seasonings

Garlic powder, ½ teaspoon

Ginger, ground, ½ teaspoon

Sesame seeds, black, 1 teaspoon

POULTRY



Green Curry Meatball Bowls with White Rice

and

Chicken Parm Meatball Skillet with Butter Garlic Pasta

Produce

Cilantro, ¼ head

Limes, 3

Parsley, 8 stems

Meat

Chicken, ground, 3 pounds

Dairy

Butter, salted, 2 tablespoons

Mozzarella cheese, shredded, 2 ounces
(½ cup)

Parmesan cheese, grated, 2 ounces (½ cup)

Pantry

Coconut milk, full-fat, 1 (13.5-ounce) can

Curry paste, green, 3 tablespoons

Fish sauce, ¼ teaspoon

Olive oil, extra-virgin, 1 tablespoon

Pasta sauce, 1 (24-ounce) jar

Rice, white, uncooked, 6.3 ounces (1 cup)

Spaghetti, dried, 12 ounces

Seasonings

Garlic powder, 1 ½ teaspoons

Onion powder, 1 teaspoon

POULTRY



Buffalo Zucchini Boats **with Ranch Roasted Potatoes** *and* **Alfredo Chicken Lasagna** **with Simple Italian Side Salad**

Produce

Cilantro, 8 stems

Lettuce, romaine, chopped, 12 ounces (4 cups)

Onion, red, ¼

Parsley, 8 stems

Potatoes, red, 1 pound

Tomato, 1

Zucchini, 6

Meat

Chicken, ground, 3 pounds

Dairy

Butter, salted, 1 stick (8 tablespoons)

Heavy cream, 16 fluid ounces (2 cups)

Milk, 8 fluid ounces (1 cup)

Mozzarella cheese, grated, 6 ounces (1 ½ cups)

Parmesan cheese, grated, 6 ounces (1 ½ cups)

Ricotta cheese, 1 (15-ounce) container

Frozen Food

Spinach, 12 ounces

Pantry

Frank's RedHot sauce, 4 fluid ounces (½ cup)

Honey, 2 teaspoons

Lasagna noodles, no-boil, 9 ounces

Olive oil, extra-virgin, 2 fluid ounces (¼ cup)

Olives, kalamata, ¼ cup

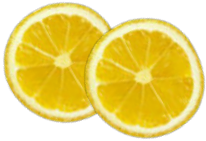
Ranch dressing, 4 fluid ounces (½ cup)

Vinegar, red wine, 2 fluid ounces (¼ cup)

Seasonings

Garlic powder, 1 ½ teaspoons

POULTRY



Herb-Crusted Roasted Chicken with Lemon-Garlic Orzo

and

Curried Chicken Sheet Pan Dinner

Produce

Bell pepper, red, 1

Carrots, whole, 6

Cherry tomatoes, 1 cup

Cilantro, 8 stems

Lemon, 1

Onion, red, ½

Parsley, 8 stems

Meat

Chicken, whole, 1 (3 ½- to 4-pounds)

Dairy

Butter, salted, 2 ounces (4 tablespoons)

Pantry

Coconut milk, full-fat, 1 (13.5-ounce) can

Olive oil, extra-virgin, 2 tablespoons

Orzo, dried, 12 ounces

Peanuts, 1 ounce (¼ cup)

Rice, white, uncooked, 6.3 ounces (1 cup)

Seasonings

Curry powder, 2 tablespoons

Oregano, dried, 1 teaspoon

Rosemary, dried, 1 teaspoon

Thyme, dried, 1 teaspoon

POULTRY



Lemon-Garlic Roasted Chicken and Veggies

and

Sesame Chicken

with White Rice

Produce

Bell pepper, 1
Carrots, whole, 4
Garlic, 4 cloves
Lemons, 2
Onion, red, ½
Parsley, 8 stems
Tomatoes, 2

Meat

Chicken, whole, 1 (3 ½- to 4-pounds)

Dairy

Butter, salted, 3 ounces (6 tablespoons)

Pantry

Cornstarch, 1 tablespoon
Honey, 3 ounces (¼ cup)
Olive oil, extra-virgin, 2 tablespoons
Rice vinegar, 2 fluid ounces (¼ cup)
Rice, white, uncooked, 6.3 ounces (1 cup)
Sesame oil, 2 teaspoons
Soy sauce or tamari, 2 fluid ounces (¼ cup)

Seasonings

Garlic powder, ½ teaspoon
Sesame seeds, white, 2 tablespoons

POULTRY



Paprika Spatchcocked Chicken

with Green Sauce and Plantains

and

Stir-Fried Noodles

with Chicken

Produce

Broccoli rabe, 1 bunch

Cilantro, 1 bunch

Garlic, 3 cloves

Jalapeño, 1

Lemons, 2

Limes, 2

Plantains, ripe, 2 large

Meat

Chicken, whole (3 ½- to 4-pounds)

Dairy

Egg, 1 large

Pantry

Coconut aminos, 1 (8-ounce) bottle

Coconut sugar, 2 tablespoons

Egg noodles, dried, 9 ounces

Fish sauce, 1 teaspoon

Mayonnaise, 2.8 ounces (1/3 cup)

Olive oil, extra-virgin, 5 fluid ounces (½ cup, plus 2 tablespoons)

Sesame oil, toasted, 1 teaspoon

Seasonings

Cumin, ground, 1 tablespoon

Garlic powder, 1 tablespoon

Oregano, dried, 1 tablespoon

Paprika, 1 tablespoon

POULTRY



Roasted Chicken & Potatoes

with Fresh Arugula Salad

and

Butter Chicken Bowls

with White Rice

Produce

Arugula, 8 ounces (4 cups)

Cilantro, 8 stems

Garlic, 7 cloves

Ginger, fresh, 1 (½-inch) piece

Lemon, 1

Potatoes, red, 1 pound

Meat

Chicken, whole, 1 (4- to 4 ½-pounds)

Dairy

Butter, salted, 1 stick (8 tablespoons)

Pantry

Olive oil, extra-virgin, 1 tablespoon, plus 2 teaspoons

Rice, white, uncooked, 6.3 ounces (1 cup)

Tomatoes, crushed, 1 (18-ounce) can

Seasonings

Coriander, ground, 1 tablespoon

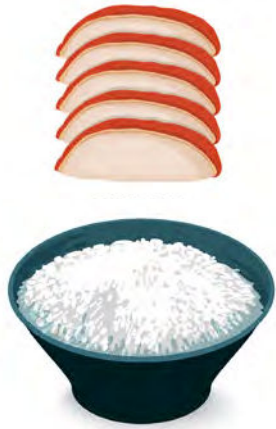
Cumin, ground, 1 teaspoon

Garam masala, 1 tablespoon

Paprika, 1 tablespoon

Turmeric, ground, 1 teaspoon

POULTRY



Crispy Roasted Duck with Warm Beet Salad *and* **Duck Fried Rice**

Produce

Beets, red, 1 ½ pounds

Dill, fresh, 1 tablespoon

Garlic, 4 cloves

Ginger, fresh, 1 (1-inch) piece

Green onions, 2

Lemons, 2

Lime, 1

Onion, red, ¼

Meat

Duck, whole, 1 (4- to 5-pounds)

Dairy

Eggs, 2 large

Goat cheese, crumbled, 1 ounce (¼ cup)

Frozen Foods

Peas and carrots, 9.4 ounces (2 cups)

Pantry

Olive oil, extra-virgin, 3 fluid ounces (¼ plus, 2 tablespoons)

Rice, white, uncooked, 6.3 ounces (1 cup)

Sesame oil, 2 teaspoons

Soy sauce or tamari, 2 tablespoons

Seasonings

Red pepper flakes, ¼ teaspoon

Sesame seeds, white, 1 tablespoon

POULTRY



Roasted Garlic Turkey Breast with Lemon-Dill Quinoa

and

Spiced Turkey Potato Soup



Produce

Celery, 4 stalks

Chives, 4

Dill, fresh, ¼ cup

Garlic cloves, 3

Lemons, 3 ½

Onion, white, ½

Potatoes, Yukon Gold, 1 ½ pounds

Meat

Bratwurst, 1 pound

Turkey breasts, bone-in split, 2 (2 pounds each)

Dairy

Butter, salted, 2 ounces (4 tablespoons)

Pantry

Broth, chicken or vegetable, 4 cups

Dijon mustard, 2.1 ounce (¼ cup)

Olive oil, extra-virgin, 2 tablespoons

Quinoa, dry, 6.3 ounces (1 cup)

Seasonings

Thyme, dried, 1 tablespoon

POULTRY



Chipotle-Maple Turkey Bake with Sweet Potatoes

and

Southwestern Turkey Casserole

Produce

Bell pepper, orange, 1

Bell pepper, red, 1

Cilantro, $\frac{3}{4}$ bunch

Garlic clove, 1

Jalapeño, 1

Limes, 2

Onion, white or yellow, $\frac{1}{2}$ medium

Sweet potatoes, 1 pound

Meat

Turkey breast tenderloins, boneless and skinless, 3 pounds

Dairy

Mexican-style cheese blend, shredded, 6 ounces (1 $\frac{1}{2}$ cups)

Sour cream, 2.1 ounces ($\frac{1}{4}$ cup)

Frozen Foods

Corn kernels, 7.1 ounces (1 $\frac{1}{2}$ cups)

Pantry

Beans, black, 1 (15-ounce) can

Maple syrup, pure, 2 fluid ounces ($\frac{1}{4}$ cup)

Mayonnaise, 2.1 ounces ($\frac{1}{4}$ cup)

Olive oil, extra-virgin, 3.15 fluid ounces (6 tablespoons, plus 1 teaspoon)

Seasonings

Chipotle chile powder, $\frac{1}{2}$ teaspoon

Cumin, ground, $\frac{1}{2}$ teaspoon

Paprika, 2 tablespoons

POULTRY



Asian-Inspired Lettuce Wraps with Rice Noodles *and* **Turkey Taco Casserole**

Produce

Butter lettuce, 6 leaves
Carrots, shredded, 3 ounces (½ cup)
Green onions, 2
Iceberg lettuce, shredded, 6 ounces (2 cups)
Limes, 2
Tomato, 1 large

Meat

Turkey, ground, 3 pounds

Dairy

Monterey Jack cheese, shredded, 4 ounces (1 cup)
Sour cream, 4.2 ounces (½ cup)

Pantry

Beans, refried or whole black beans, 1 (16-ounce) can
Broth, chicken, 2 fluid ounces (¼ cup)
Coconut aminos, 2 tablespoons
Olives, black, sliced, 1 (2.25-ounce) can
Olive oil, extra-virgin, 1 tablespoon
Rice noodles, thin, 1 (8.8-ounce) package
Sesame oil, toasted, 1 teaspoon
Soy sauce or tamari, 2 fluid ounces (¼ cup)

Seasonings

Chili powder, mild, 2 teaspoons
Cumin, ground, 1 teaspoon
Garlic powder, ½ teaspoon
Ginger, ground, ½ teaspoon
Oregano, dried, ½ teaspoon
Red pepper flakes, 1 teaspoon
Sesame seeds, white, 1 tablespoon

BEEF

Dry-Rubbed Barbecue Brisket with Zesty Cabbage Slaw *and* Cheesesteak-Stuffed Peppers with Wild Rice



Produce

Bell peppers, green, 4
Cabbage, green, ½ head
Cilantro, ½ bunch
Jalapeño, 1
Lime, 1
Onion, yellow or white, ½
Parsley, 8 stems

Meat

Beef brisket, trimmed, 5 pounds

Dairy

Butter, salted, 3 tablespoons
Cheddar cheese, shredded, 3 ounces (¾ cup)
Provolone cheese, 4 slices

Pantry

Broth, chicken, 32 fluid ounces (4 cups)
Cornmeal, coarse, 4.2 ounces (1 cup)
Mayonnaise, 2.1 ounces (¼ cup)
Olive oil, extra-virgin, 2 tablespoons
Rice, wild, uncooked, 6.3 ounces (1 cup)
Sugar, brown or coconut, 1 tablespoon

Seasonings

Chili powder, mild, 1 tablespoon
Cumin, ground, 1 tablespoon
Garlic powder, 1 teaspoon

BEEF



Classic Brisket with Gravy, Mashed Potatoes, and Asparagus *and* Mongolian Beef Bowls

Produce

Asparagus, 1 bunch

Green onions, 1 bunch

Lemon, ½

Potatoes, Yukon Gold, 1 ½ pounds

Meat

Beef brisket, trimmed, 5 pounds

Dairy

Butter, salted, 3.5 ounces (7 tablespoons)

Sour cream, 2.1 ounces (¼ cup)

Pantry

Broth, beef, 4 fluid ounces (½ cup)

Coconut aminos, 16 fluid ounces (2 cups)

Fish sauce, ½ teaspoon

Flour, all-purpose, 1 ounce (¼ cup)

Olive oil, extra-virgin, 2 tablespoons, plus
1 teaspoon

Rice, white, uncooked, 6.3 ounces (1 cup)

Sesame oil, toasted, 1 teaspoon

Vinegar, balsamic, 2 fluid ounces (¼ cup)

Seasonings

Garlic powder, 1 ½ teaspoons

Ginger, ground, ½ teaspoon

Red pepper flakes, ½ teaspoon

Sesame seeds, white, 1 teaspoon

BEEF



Beef Taco Night

and

Cottage Pie



Produce

Lettuce, shredded, 3 ounces (1 cup)

Limes, 2 ½

Onion, red, ½

Parsley, 8 stems

Potatoes, Yukon Gold, 1 ½ pounds

Tomato, 1 large

Prepared Foods

Guacamole, 8.5 ounces (½ cup)

Meat

Beef, ground, 4 pounds

Dairy

Butter, salted, 2 tablespoons

Cheddar cheese, shredded, 4 ounces (1 cup)

Heavy cream or milk, 2 fluid ounces (¼ cup)

Sour cream, 4.2 ounces (½ cup)

Frozen Foods

Peas and carrots, 1 (10-ounce) package

Pantry

Beans, refried, 1 (16-ounce) can

Hard taco shells, 8

Jalapeños, pickled, sliced, ½ cup

Olive oil, extra-virgin, 3 tablespoons

Red wine, 4 fluid ounces (½ cup)

Rice, white, uncooked, 6.3 ounces (1 cup)

Tomato paste, 2 tablespoons

Tomatoes and green chiles (such as Ro-Tel),
diced, 1 (10-ounce) can

Seasonings

Chili powder, mild, 1 tablespoon

Cumin, ground, 1 tablespoon, plus
½ teaspoon

Garlic powder, 1 ½ teaspoons

Italian seasoning, 2 teaspoons

Oregano, dried, 1 teaspoon

BEEF



Beef Enchilada Casserole

and

Teriyaki Ground Beef Stir Fry

Produce

Avocado, 1
Bell pepper, yellow, 1
Broccoli, 1 large head (or about 4 cups florets)
Carrots, shredded, 12 ounces (2 cups)
Cilantro, 8 stems
Mushrooms, 8 ounces
Onion, red, ½

Meat

Ground beef, 3 pounds

Dairy

Cheddar cheese, shredded, 11.9 ounces (3 cups)
Sour cream, 2.1 ounces (¼ cup)

Pantry

Broth, beef, 8 fluid ounces (1 cup)
Coconut aminos, 8 fluid ounces (1 cup)
Enchilada sauce, 1 (15-ounce) can
Rice, white, uncooked, 6.3 ounces (1 cup)
Sesame oil, toasted, 1 teaspoon
Tortillas, corn, 12

Seasonings

Garlic powder, ½ teaspoon
Ginger, ground, 1 teaspoon
Onion powder, ½ teaspoon
Oregano, dried, 1 teaspoon
Sesame seeds, white, 1 tablespoon

BEEF



Classic Meatball Boats *and* **Wedding Soup**

Produce

Carrots, whole, 3

Garlic, 3 cloves

Lemons, 3

Mint leaves, fresh, ¼ cup

Oregano, fresh, 1 tablespoon

Parsley, 8 stems

Spinach, 9 ounces (3 cups)

Meat

Beef, ground, 3 pounds

Dairy

Heavy cream, 2 fluid ounces (¼ cup)

Mozzarella cheese, shredded, 6 ounces (1 ½ cups)

Pantry

Baguettes, 2

Broth, chicken, 48 fluid ounces (6 cups)

Marinara sauce, 1 (25-ounce) jar

Olive oil, extra-virgin, 1 tablespoon

Orzo, dried, 7.9 ounces (1 cup)

Seasonings

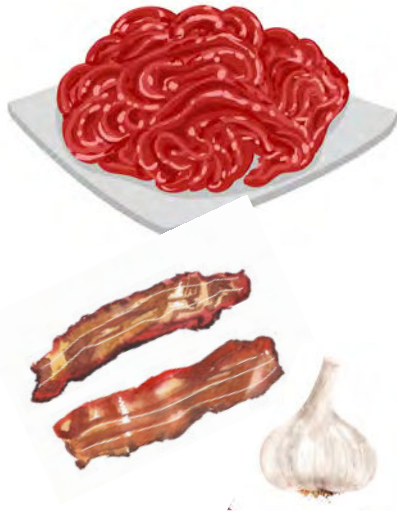
Garlic powder, 1 teaspoon

BEEF

Loaded Avocado Bacon Burgers with Wedge Sweet Potato Fries and Chipotle-Lime Mayo

and

Crispy Beef Hash with Simple Tzatziki



Produce

Avocado, 1
Cucumber, 1
Garlic, 2 cloves
Lemon, 1
Lettuce leaves, 4
Lime, 1
Onion, red, 1
Parsley, 8 stems
Potatoes, baby Yukon Gold, 1 pound
Sweet potatoes, 1 pound
Tomatoes, 2

Meat

Bacon, 4 slices
Ground beef, 3 pounds

Dairy

Cheddar cheese, white, 4 slices
Feta cheese, crumbled, 1 ounce (¼ cup)
Greek yogurt, plain, full-fat, 8 ounces (1 cup)

Pantry

Hamburger buns, 4
Mayonnaise, 4.2 ounces (½ cup)
Olives, kalamata, pitted, ½ cup
Olive oil, extra-virgin, 4 fluid ounces (½ cup)

Seasonings

Chipotle chile powder, 1 tablespoon
Garlic powder, 1 ½ teaspoons
Oregano, dried, 1 tablespoon
Paprika, ½ teaspoon

BEEF



Beef Burrito Bowls with Cilantro-Lime Rice, Black Beans, and Corn Salsa *and* **Cheeseburger Pie**

Produce

Bell pepper, red, 1

Cilantro, ½ bunch

Jalapeños, 2

Limes, 3

Red onion, 1

Romaine lettuce, shredded, 4.5 ounces (1 ½ cups)

Prepared Foods

Guacamole, 17 ounces (1 cup)

Pico de Gallo, 7.3 ounces (1 cup)

Meat

Bacon, 8 ounces

Beef, ground, 3 pounds

Dairy

Butter, salted, 1 tablespoon

Cheddar cheese, shredded, 6 ounces (1 ½ cups)

Monterey Jack cheese, shredded, 4 ounces (1 cup)

Frozen Foods

Corn kernels, 4.8 ounces (1 cup)

French fries, 1 (20-28 ounce) bag

Pantry

Beans, black, 1 (16-ounce) can

Ketchup, 4.8 ounces (½ cup)

Olive oil, extra-virgin, 1 teaspoon

Rice, white, uncooked, 6.3 ounces (1 cup)

Seasonings

Chili powder, mild, 1 tablespoon

Cumin, ground, 1 ½ teaspoons

Garlic powder, ½ teaspoon

Oregano, dried, ½ teaspoon

BEEF



Balsamic Beef Roast with Red Wine Mushrooms and Purple Potatoes *and* **Onion and Roast Beef Soup** with Lemon-Dill Salad

Produce

Butter lettuce, 1 head

Dill, fresh, 2 tablespoons

Lemons, 3

Mushrooms, baby bella, sliced, 16 ounces

Onions, yellow, 3 pounds

Potatoes, fingerling, purple, 1 pound

Thyme, fresh, 2 tablespoons

Meat

Beef, chuck or shoulder roast, 3 pounds

Dairy

Butter, salted, 3 ounces (6 tablespoons)

Gruyère cheese, grated, 4 ounces (1 cup)

Pantry

Baguette, 1

Broth, beef, 32 fluid ounces (4 cups)

Dijon mustard, 1 teaspoon

Olive oil, extra-virgin, 2.5 fluid ounces (¼ cup, plus 1 tablespoon)

Red wine, 10 fluid ounces (1 ¼ cups)

Vinegar, balsamic, 2.5 fluid ounces (¼ cup, plus 1 tablespoon)

Seasonings

Italian seasoning, 1 tablespoon

POULTRY



Chipotle Beef Roast

with Yuca

and

Barbacoa Tacos

with Mexican Pinto Beans

Produce

Avocado, 1

Cilantro, ½ bunch

Garlic cloves, 3

Limes, 5

Onion, red, ½

Yuca, 1 pound

Meat

Beef, chuck or shoulder roast, 4 pounds

Dairy

Cotija cheese, grated, 2 tablespoons

Sour cream, 4.2 ounces (½ cup)

Pantry

Apple cider vinegar, 1 tablespoon

Beans, pinto, 1 (16-ounce) can

Chipotle chiles, 1 (3.5-ounce) can

Olive oil, extra-virgin, 3.5 fluid ounces (¼ cup, plus 3 tablespoons)

Tortillas, corn, 6-10

Seasonings

Chipotle chile powder, 1 teaspoon

Cloves, ground, ¼ teaspoon

Cumin, ground, 2 teaspoons

Oregano, dried, 1 teaspoon

POULTRY



Garlic-Peppercorn Beef Roast with Roasted Carrots and Mashed Potatoes *and* **Shredded Beef Ragout over** **Pappardelle Pasta**

Produce

Carrots, whole, 1 pound

Garlic cloves, 7

Lemon, ½

Onion, red, ½

Parsley, 8 stems

Potatoes, red or Yukon Gold, 1 pound

Meat

Beef, chuck or shoulder roast, 4 pounds

Dairy

Butter, salted, 2.5 ounces (5 tablespoons)

Milk or heavy cream, 2 fluid ounces (¼ cup)

Parmesan cheese, shaved, 1 ounce (¼ cup)

Sour cream, 6.3 ounces (¾ cup)

Pantry

Olive oil, extra-virgin, 3 fluid ounces (¼ cup, plus 2 tablespoons)

Pappardelle pasta, dried, 10 ounces

Prepared horseradish, 2 tablespoons

Red wine, 2 fluid ounces (¼ cup) *may substitute 2 tablespoons balsamic vinegar

Tomatoes, crushed, 1 (28-ounce) can

Vinegar, balsamic, 2 tablespoons

Seasonings

Black peppercorns, coarsely cracked, 2 teaspoons

Italian seasoning, 1 tablespoon

POULTRY



Herb-Crusted Beef Roast with Potatoes and Chopped Veggie Salad *and* **Beef Stroganoff** with Mushrooms Over Egg Noodles

Produce

Bell pepper, red, 1

Bell pepper, yellow, 1

Carrots, whole, 3

Cucumber, 1 medium

Dill, 2 tablespoons

Garlic cloves, 3

Herbs (rosemary, thyme, basil, dill—whatever is in season), ½ cup

Lemons, 6

Mushrooms, baby bella, sliced, 8 ounces

Onion, red, ½

Onion, white, 1

Parsley, 8 stems

Potatoes, baby Yukon Gold, 1 pound

Meat

Beef, round or sirloin roast, 4 pounds

Dairy

Butter, salted, 2 ounces (4 tablespoons)

Feta cheese, crumbled, 2 ounces (½ cup)

Sour cream, 6.3 ounces (¾ cup)

Pantry

Broth, beef, 12 fluid ounces (1 ½ cups)

Coconut aminos, 1 tablespoon

Dijon mustard, 1 tablespoon

Flour, all-purpose, 2 tablespoons

Olive oil, extra-virgin, 3 fluid ounces (¼ cup, plus 2 tablespoons)

Wide egg noodles, dried, 9 ounces

Seasonings

Garlic powder, 1 teaspoon

POULTRY



Perfect Stovetop Steaks with Baked Sweet Potatoes and Simple Spinach Salad

and

Beef Ramen Noodle Skillet

Produce

Apple, 1
Baby spinach, 9 ounces (3 cups)
Bell pepper, red, 1
Carrots, shredded, 3 ounces (½ cup)
Green onions, 2
Mushrooms, baby bella, sliced, 4 ounces
Onion, red, ½
Snow peas, 3 ounces (1 cup)
Sweet potatoes, 4 small

Meat

Beef, rib eye or strip steaks, 3 pounds

Dairy

Butter, salted, 2 ounces (4 tablespoons)
Goat cheese, crumbled, 1 ounce (¼ cup)
Sour cream, 2.1 ounces (¼ cup)

Pantry

Cocoa powder, unsweetened, 4 teaspoons
Coffee, ground, 4 teaspoons
Fish sauce, ¼ teaspoon
Olive oil, extra-virgin, 4.3 fluid ounces (½ cup,
plus 2 teaspoons)
Ramen or lo mein noodles, dried, 10 ounces
Sesame oil, toasted, 1 teaspoon
Soy sauce or tamari, 2 fluid ounces (¼ cup)
Sugar, coconut or brown sugar, 1 tablespoon
Vinegar, red wine, 2 fluid ounces (¼ cup)

BEEF



Tender Balsamic-Pepper Grilled Steaks

and

Chipotle Beef Tacos with Jicama-Carrot Slaw

Produce

Carrots, shredded, 2 ounces (1 cup)

Cilantro, 1 bunch

Corn, 4 ears

Cucumber, 1 large

Jicama, 1

Limes, 6

Onion, red, ½

Parsley, ¼ bunch

Tomatoes, 4 medium

Meat

Beef, rib eye or strip steaks, 3 pounds

Dairy

Butter, salted, 2 tablespoons

Pantry

Chipotle chile peppers in adobo sauce,
1 (3.5-ounce) can

Olive oil, extra-virgin, 4 fluid ounces (½ cup)

Olive oil, spray, for the grill

Steak sauce, 2.4 ounces (¼ cup)

Tortillas, corn, 8-10

Vinegar, apple cider, 2 fluid ounces (¼ cup)

Vinegar, balsamic, 4 fluid ounces (½ cup)

BEEF



Hearty Beef and Veggie Stew *and* **Shredded Beef Tostadas**

Produce

Avocado, 1
Carrots, whole, 1 pound
Cilantro, ¼ bunch
Garlic cloves, 4
Lemon, 1
Lettuce, shredded, 3 ounces (1 cup)
Lime, 1
Onion, yellow, ½
Parsley, chopped, ¼ bunch
Potatoes, Yukon Gold, 1 pound
Rosemary, fresh, 2 sprigs
Thyme, fresh, 2 sprigs
Tomato, 1 medium

Meat

Beef, stew meat, 3 pounds

Dairy

Butter, salted, 2 tablespoons
Monterey Jack cheese, shredded, 3 ounces (¾ cup)

Frozen Foods

Green peas, 4.7 ounces (1 cup)

Pantry

Beans, refried, 9.2 ounces (1 cup)
Broth, beef, 24 fluid ounces (3 cups)
Olive oil, extra-virgin, 1 tablespoon
Red wine, 8 fluid ounces (1 cup)
*may substitute ½ cup balsamic vinegar
Salsa verde, 7.9 ounces (1 cup)
Tomato paste, 1 (6-ounce) can
Tortillas, flour or corn, 8

Seasonings

Bay leaves, 2
Cumin, ground, ½ teaspoon

BEEF



Beef Chili with Cheddar Corn Muffins *and* **Green Curry Beef Bowls**

Produce

Broccoli florets, 1 pound

Cilantro, ¼ bunch

Green onions, finely chopped, 1 bunch

Lime, 1

Onion, red, ½

Meat

Beef, stew meat, 4 pounds

Dairy

Butter, salted, 2.6 ounces (1/3 cup)

Egg, 1 large

Milk, whole, 12 fluid ounces (1 ½ cups)

Sharp cheddar cheese, shredded, 4 ounces (1 cup)

Sour cream, 2.1 ounces (¼ cup)

Pantry

Baking powder, 1 tablespoon

Broth, beef, 12 fluid ounces (1 ½ cups)

Coconut milk, full-fat, 1 (13.5-ounce) can

Cornmeal, finely ground, 6.3 ounces (1 ½ cups)

Flour, all-purpose, 2.3 ounces (1 cup)

Ghee, 1 tablespoon *may substitute extra-virgin olive oil

Green curry paste, 1 (4-ounce) jar

Honey, 3 ounces (¼ cup)

Olive oil, extra-virgin, 1 tablespoon

Pickled Jalapeños, sliced, ¼ cup

Rice, white, uncooked, 6.3 ounces (1 cup)

Seasonings

Chili powder, mild, 2 tablespoons

Cumin, ground, 1 tablespoon

Onion powder, 1 teaspoon

PORK



Chorizo and Potato Taco Bake with Pineapple Salsa

and

Thai-Inspired Pork Salad Bowls

Produce

Bibb lettuce, 8-10 leaves

Cilantro, 1 bunch

Cucumber, seedless, 1

Garlic clove, 1

Jalapeño pepper, 1 large

Limes, 4

Mint leaves, chopped, 2 tablespoons

Onion, red, $\frac{3}{4}$

Pineapple, $\frac{1}{3}$

Potatoes, Yukon Gold, 1 $\frac{1}{2}$ pounds

Meat

Pork, ground, 3 pounds

Dairy

Cotija cheese, grated, 2 tablespoons

Pantry

Fish sauce, 2 tablespoons

Olive oil, extra-virgin, 3 tablespoons

Rice, white, uncooked, 1.6 ounces ($\frac{1}{4}$ cup)

Vinegar, apple cider, 2 tablespoons

Seasonings

Chili powder, mild, 1 tablespoon

Cumin, ground, 1 teaspoon

Oregano, dried, 1 teaspoon

Paprika, 1 teaspoon

PORK



Pork Bolognese Pasta with Italian Salad *and* **Lemony Sausage and** **Veggie Soup**

Produce

Bell pepper, red, 1
Bell pepper, yellow, 1
Bibb lettuce, 1 small head
Carrots, whole, 5
Garlic cloves, 7
Kale, curly, 1 bunch
Lemons, 3
Onion, red, 1 small
Onion, yellow, 1 small
Parsley, 4 stems
Potatoes, Yukon Gold, 1 pound
Radishes, 6-8

Meat

Pork, ground, 3 pounds

Dairy

Butter, salted, 2 tablespoons
Parmesan cheese, shaved, 1 ounce (¼ cup)

Pantry

Broth, chicken, or beef, 48 fluid ounces (6 cups)
Olive oil, extra-virgin, 3 tablespoons plus ¼ cup
Red wine, 4 fluid ounces (½ cup)
*may substitute ½ cup beef broth
Spaghetti, dried, 12 ounces
Tomatoes, crushed, 1 (28-ounce) can
Vinegar, red wine, 2 fluid ounces (¼ cup)

Seasonings

Italian seasoning, 2 tablespoons

PORK

Madras-Inspired Curry Meatballs *and* **Minestrone Soup**



Produce

Carrots, whole, 5
Celery, 5 stalks
Cilantro, ¼ bunch
Garlic cloves, 7
Ginger, fresh, 1 (1-inch) piece
Green beans, 1 pound
Lemon, 1
Onions, yellow, 2 small
Parsley, 8 stems
Sweet potatoes, 2 medium

Meat

Pork, ground, 3 pounds

Pantry

Beans, kidney, 1 (15-ounce) can
Broth, chicken, or beef, 48 fluid ounces (6 cups)
Coconut milk, full-fat, 1 (13.5-ounce) can
Ghee, 1 tablespoon *may substitute extra-virgin olive oil
Olive oil, extra-virgin, 2 tablespoons
Pasta shells, dried, 4 ounces (1 cup)
Rice, white, uncooked, 6.3 ounces (1 cup)
Tomatoes, diced, 1 (28-ounce) can
Tomato paste, 1 (6-ounce) can
Tomato sauce, 1 (15-ounce) can

Seasonings

Cayenne pepper, ¼-½ teaspoon
Cinnamon, ground, ½ teaspoon
Coriander, ground, 1 teaspoon
Cumin, ground, 1 teaspoon
Turmeric, ground, 1 teaspoon
Garam masala, 2 teaspoons
Madras curry powder, 1 tablespoon *may substitute regular curry powder for less spice

PORK



Slow Cooker Balsamic Pork Roast with Scalloped Potatoes and Easy Steamed Broccoli

and

Pulled Pork Sandwiches with Classic Creamy Slaw

Produce

Broccoli florets, 1 pound

Coleslaw mix, 8 ounces (4 cups) *may substitute 4 cups broccoli slaw mix

Lemon, 1

Onion, red, ½

Potatoes, Yukon Gold, 1 pound

Meat

Pork, 1 (3- to 4-pound) loin roast

Dairy

Butter, salted, 3 tablespoons

Heavy cream, 4 fluid ounces (½ cup)

Mozzarella cheese, shredded, 4 ounces (1 cup)

Pantry

Barbecue sauce, 9.6 ounces (1 cup)

Hamburger buns, 4

Honey, 1 tablespoon

Mayonnaise, 4.2 ounces (½ cup)

Pickle spears, 4

Vinegar, balsamic, 2 fluid ounces (¼ cup)

Seasonings

Garlic powder, 1 teaspoon

Sage, dried, ½ teaspoon

Thyme, dried, ½ teaspoon

PORK



Bacon-Wrapped Pork Roast with Purple Cabbage and Sweet Potatoes *and* **Crispy Ginger Pork Stir-Fry**

Produce

Cabbage, purple, ½ head

Carrots, matchstick, 6 ounces (1 cup)

Green onions, 1 bunch

Lemon, 2

Lime, 1

Parsley, 8 stems

Sweet potatoes, 3 large

Meat

Bacon, 1 pound

Pork, 1 (3- to 4-pound) loin roast

Pantry

Fish sauce, ½ teaspoon

Ghee, 2 tablespoons *may substitute 2
tablespoons salted butter

Honey, 1 tablespoon

Olive oil, extra-virgin, 2 tablespoons

Rice, white, uncooked, 6.3 ounces (1 cup)

Soy sauce or tamari, 3 tablespoons

Vinegar, rice, 1 tablespoon

Seasonings

Garlic powder, 1 teaspoon

Ginger, ground, 1 teaspoon

Sesame seeds, white, 1 teaspoon

PORK

Butter-Garlic Pork Roast

with Goat Cheese Pasta and Swiss Chard Salad

and

Tacos al Pastor with Charro Beans



Produce

Cilantro, $\frac{3}{4}$ bunch
Chives, 2 tablespoons
Garlic cloves, 8
Jalapeño pepper, 1
Lemons, 2
Lime, 1
Onion, red, $\frac{1}{4}$
Onion, yellow, $\frac{1}{2}$ small
Pineapple, $\frac{1}{4}$ (1 cup)
Swiss chard, 1 bunch

Meat

Bacon, 8 ounces
Pork, 1 (3- to 4-pound) loin roast

Dairy/Refrigerated

Butter, salted, 3.5 ounces (7 tablespoons)
Goat cheese, 4 ounces
Orange juice, 4 fluid ounces ($\frac{1}{2}$ cup)

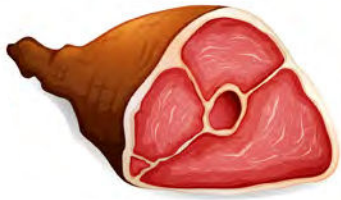
Pantry

Beans, pinto, 2 (15-ounce) cans
Broth, chicken, 40 fluid ounces (5 cups)
Chipotle chiles in adobo sauce, 1 (3.5-ounce) can
Linguine, dried, 9 ounces
Olive oil, extra-virgin, 2 fluid ounces ($\frac{1}{4}$ cup)
Tortillas, corn, 10

Seasonings

Cumin, ground, 1 teaspoon
Oregano, dried, 1 tablespoon, plus
 $\frac{1}{2}$ teaspoon

PORK



Perfect Carnitas

with Roasted Mexican Street Corn

and

Sticky Honey-Garlic Pork

with White Rice



Produce

Cilantro, $\frac{3}{4}$ bunch

Corn, 4 ears

Garlic cloves, 3

Jalapeño pepper, 1

Limes, 6

Radishes, 1 bunch

Tomatillos, 4

Meat

Pork, 1 (5-pound) shoulder

Dairy/Refrigerated

Butter, salted, 3.5 ounces (7 tablespoons)

Cotija cheese, grated, 1 ounce ($\frac{1}{4}$ cup)

Sour cream, 8.4 ounces (1 cup)

Pantry

Broth, chicken, 4 fluid ounces ($\frac{1}{2}$ cup)

Chili garlic sauce, 2 tablespoons

Honey, 4 ounces ($\frac{1}{3}$ cup)

Mayonnaise, 2.1 ounces ($\frac{1}{4}$ cup)

Rice, white, uncooked, 6.3 ounces (1 cup)

Sesame oil, toasted, 1 teaspoon

Soy sauce or tamari, 2 tablespoons

Tortillas, corn, 10

Seasonings

Chili powder, 1 tablespoon

Red pepper flakes, $\frac{1}{2}$ teaspoon

PORK

Bánh Mì-Inspired Bowls *and* **Loaded Nachos**



Produce

Avocado, 1
Carrots, matchstick, 6 ounces (1 cup)
Cilantro, ¼ bunch
Cucumber, seedless, 1
Green onions, 1/3 bunch
Lime, 1
Onion, red, ½
Radishes, 4

Meat

Pork, 1 (5-pound) shoulder

Dairy/Refrigerated

Butter, salted, 3 tablespoons
Mexican-style cheese blend, shredded, 8 ounces (2 cups)
Sour cream, 2.1 ounces (¼ cup)

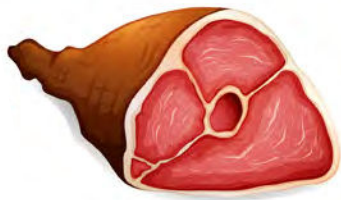
Pantry

Beans, refried black, 1 (15-ounce) can
Coconut aminos, 2 fluid ounces (¼ cup)
Corn tortilla chips, 1 (12-ounce) bag
Fish sauce, 3 tablespoons
Honey, 2 tablespoons
Olive oil, extra-virgin, 2 tablespoons
Rice vermicelli noodles, dried, 7 ounces
Sesame oil, toasted, 1 teaspoon
Soy sauce or tamari, 2 tablespoons
Vinegar, apple cider, 6 fluid ounces (¾ cup)

Seasonings

Chili powder, mild, 1 teaspoon
Garlic powder, 1 teaspoon
Red pepper flakes, ½ teaspoon

PORK



Cuban-Inspired Stewed Pork with Black Beans

and

Pork King Ranch Casserole with Mixed Baby Green Salad

Produce

Bell pepper, red, 4
Carrots, whole, 2
Cilantro, 8 stems
Garlic cloves, 5
Green onions, 1/3 bunch
Jalapeño pepper, 1
Lime, 1
Mixed baby greens, 9.6 ounces (6 cups)
Onion, red, 1/2
Onions, yellow, 2 small

Meat

Pork, 1 (5-pound) shoulder

Dairy/Refrigerated

Heavy cream, 8 fluid ounces (1 cup)
Mexican-style cheese blend, shredded, 11.9 ounces (3 cups)

Pantry

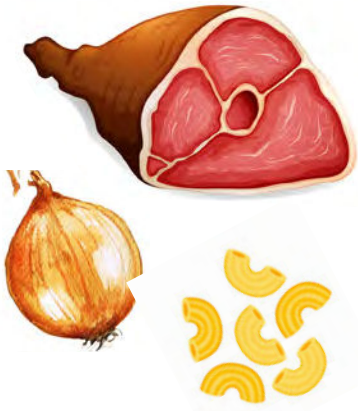
Beans, black, 2 (15-ounce) cans
Broth, beef or chicken, 8 fluid ounces (1 cup)
Broth, chicken, 16 fluid ounces (2 cups)
Flour, all-purpose, 1 ounce (1/4 cup)
Olives, pimento-stuffed, green, halved, 1/2 cup
Olive oil, extra-virgin, 3.5 fluid ounces (1/4 cup, plus 3 tablespoons)
Tomatoes, crushed, 1 (28-ounce) can
Tomatoes, diced, 1 (14-ounce) can
Tortillas, corn, 12
Vinegar, apple cider, 2 tablespoons
Vinegar, red wine, 3 tablespoons

Seasonings

Cayenne pepper, 1/4 teaspoon
Chili powder, mild, 2 tablespoons
Cumin, ground, 1 tablespoon
Oregano, dried, 1 tablespoon
Paprika, 1 tablespoon

PORK

Pulled Pork Chili Verde *and* **Barbecue Pork Mac 'n' Cheese Bake**



Produce

Chives, 3 tablespoons

Cilantro, ¼ bunch

Garlic cloves, 2

Kale, curly, 1 bunch

Limes, 2

Onion, yellow, ½

Meat

Pork, 1 (5-pound) shoulder

Dairy/Refrigerated

Butter, salted, 3 tablespoons

Cheddar cheese, shredded, 8 ounces (2 cups)

Milk, 32 fluid ounces (4 cups) *may substitute 4 cups water

Sour cream, 8.4 ounces (1 cup)

Pantry

Barbecue sauce, 14.4 ounces (1 ½ sauce)

Beans, pinto, 1 (15-ounce) can

Broth, chicken, 16 fluid ounces (2 cups)

Elbow pasta, dried, 12 ounces

Olive oil, extra-virgin, 2 tablespoons

Salsa verde, 1 (16-ounce) jar

PORK



Chili-Rubbed Pork Tenderloin with Cilantro Chimichurri and Tostones

and

Asian Fusion Bowls

Produce

Avocado, 1
Cilantro, 1 ¼ bunches
Garlic cloves, 4
Jalapeño peppers, 2
Lemon, 1
Mango, 1 large
Parsley, ½ bunch
Plantains, almost-ripe, 2
Shallot, 1

Meat

Bacon, 8 ounces
Pork, 2 (1-pound) tenderloins

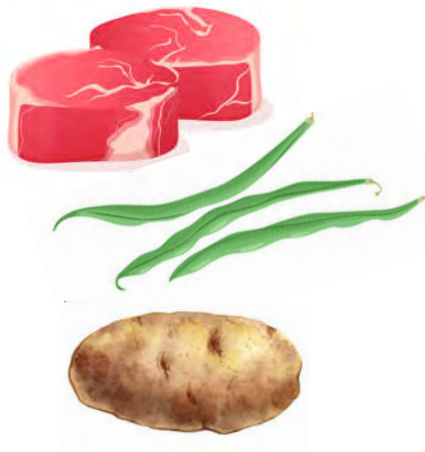
Pantry

Ghee, 1 tablespoon *may substitute 1
tablespoon salted butter
Olive oil, extra-virgin, 7.7 fluid ounces
(¼ cup, plus 1/3 cup, plus 1 tablespoon)
Quinoa, tricolor, dried, 6.3 ounces (1 cup)
Sugar, brown or coconut, 2 tablespoons
Teriyaki sauce, 4 fluid ounces (½ cup)
Vinegar, red wine, 2 tablespoons

Seasonings

Chili powder, mild, 2 tablespoons
Garlic powder, 1 teaspoon
Cinnamon, ground, 1 teaspoon
Oregano, dried, 1 tablespoon
Paprika, 1 tablespoon
Sesame seeds, black, ½ teaspoon

PORK



Honey-Mustard Tenderloin with Roasted Green Beans

and

Breaded Pork Medallions with Mashed Potatoes and Gravy

Produce

Green beans, 1 pound

Lemon, 1

Mushrooms, baby bella, sliced, 8 ounces

Parsley, 8 stems

Potatoes, Yukon Gold, 1 pound

Thyme, fresh, 1 teaspoon

Meat

Pork, 2 (1-pound) tenderloins

Dairy/Refrigerated

Butter, salted, 3 ounces (6 tablespoons)

Eggs, 2 large

Heavy cream, 6 fluid ounces ($\frac{3}{4}$ cup)

Milk, 2 tablespoons

Pantry

Broth, chicken, 4 fluid ounces ($\frac{1}{2}$ cup)

Dijon mustard, 2 tablespoons

Flour, all-purpose, 1.6 ounces ($\frac{1}{4}$ cup, plus 2 tablespoons)

Honey, 2 tablespoons

Olive oil, extra-virgin, 4 fluid ounces ($\frac{1}{2}$ cup)

White wine, dry, 4 fluid ounces ($\frac{1}{2}$ cup)

PORK



Island-Style Pork Tenderloin with Wild Rice

and

Pork Ramen Bowl

Produce

Baby bok choy, 2 heads

Broccolini, 1 pound

Carrots, matchstick, 6 ounces (1 cup)

Cilantro, ¼ bunch

Garlic cloves, 12

Green onions, 1/3

Lime, 1

Mushrooms, shiitake, sliced, 8 ounces

Pineapple, 4 rings (6 ounces) *may substitute 6
ounces canned pineapple

Radishes, 1 bunch

Meat

Pork, 2 (1-pound) tenderloins

Dairy/Refrigerated

Eggs, 4 large

Pantry

Barbecue sauce, 9.6 ounces (1 cup)

Broth, chicken, 32 fluid ounces (4 cups)

Honey, 1 tablespoon

Olive oil, extra-virgin, 3 tablespoons

Ramen noodles, dried, 10 ounces

Rice, wild, uncooked, 6.3 ounces (1 cup)

Sesame oil, toasted, ½ teaspoon

Soy sauce or tamari, 2 fluid ounces (¼ cup)

Thai chili sauce, 2 tablespoons

Seasonings

Sesame seeds, black, 1 tablespoon

SEAFOOD

Old-Fashioned Crab Bake *and* **Seafood Bisque**



Produce

Celery, 2 stalks
Corn, 4 ears
Garlic cloves, 22
Lemons, 2
Onion, yellow, 1
Parsley, ¼ bunch
Potatoes, new, 1 pound

Meat

Crab, legs or clusters, fresh, 3 pounds
Shrimp, large, fresh, 1 pound

Dairy/Refrigerated

Butter, salted, 3 ounces (6 tablespoons)
Heavy cream, 8 fluid ounces (1 cup)

Pantry

Broth, seafood or chicken, 32 fluid ounces (4 cups)
Flour, all-purpose, 1 ounce (¼ cup)
Tomato paste, 2 tablespoons
White wine, dry, 8 fluid ounces (1 cup)

Seasonings

Bay leaves, 2
Cajun seasoning, ¼ cup

SEAFOOD



Lemon-Pepper Halibut with Broccoli Salad and Wild Rice *and* **Chile Verde Halibut Melts** with Chile-Lime Tartar Sauce

Produce

Apple, red, 1
Broccoli florets, 9 ounces (3 cups)
Lemons, 3
Lettuce leaves, 4
Lime, 1
Onion, red, ¼

Meat

Halibut, 8 (5-ounce) fillets

Dairy/Refrigerated

Muenster cheese, 4 slices

Pantry

Green chiles, diced, 1 (4-ounce) can
Mayonnaise, 6.3 ounces (¾ cup)
Olive oil, extra-virgin, 2 tablespoons
Potato chips, for serving sandwiches
Rice, wild, uncooked, 6.3 ounces (1 cup)
Sandwich bread, 8 slices

Seasonings

Black pepper, cracked, ½ teaspoon
Poppy seeds, 1 teaspoon

SEAFOOD



Dill Aioli Salmon Bake with Fingerling Potatoes *and* **Salmon Cakes** with Pan-Seared Green Beans

Produce

Green beans, 1 pound

Green onions, 2

Lemons, 3

Potatoes, fingerling, 2 pounds

Meat

Salmon, 2 (1 ¼-pound) fillets

Dairy/Refrigerated

Eggs, 2 large

Pantry

Bread crumbs, 3 ounces (¾ cup)

Dijon mustard, 2 tablespoons

Flour, all-purpose, 1.4 ounce (1/3 cup)

Mayonnaise, 8.5 ounces (1 cup)

Olive oil, extra-virgin, 3 fluid ounce (¼ cup,
2 tablespoons)

Seasonings

Dill, dried, 2 tablespoons

SEAFOOD



Teriyaki Salmon Bake with White Rice and Asparagus *and* Salmon Burgers with Sweet Potato Fries

Produce

Asparagus, 1 bunch
Cilantro, 8 stems
Lettuce leaves, 4
Parsley, ¼ bunch
Sweet potatoes, 1 pound

Meat

Salmon, 2 (1 ¼-pound) fillets

Dairy/Refrigerated

Butter, salted, 2 tablespoons
Eggs, 2 large
Feta cheese, crumbled, 2 ounces (½ cup)

Pantry

Bread crumbs, 2 ounces (½ cup)
Capers, 4 teaspoons
Dried cranberries, unsweetened, 2.8 ounces (½ cup)
Hamburger buns, 4
Mayonnaise, 2.1 ounces (4 tablespoons)
Olive oil, extra-virgin, 2.3 fluid ounces (¼ cup, plus 2 teaspoons)
Rice, white, uncooked, 6.3 ounces (1 cup)
Teriyaki sauce, 4 fluid ounces (½ cup)

Seasonings

Sesame seeds, white, 1 tablespoon

SEAFOOD



Blackened Shrimp Taco Bowls with White Rice and Zesty Slaw

and

Seafood Jambalaya



Produce

Avocado, 1
Bell pepper, red, 1
Cabbage, purple, ½ head
Carrots, whole, 2
Celery, 6 stalks
Cilantro, ½ bunch
Garlic cloves, 5
Jalapeño peppers, 2
Lemon, 1
Limes, 4
Mango, 1
Onion, yellow, 1 small
Parsley, ¼ bunch

Meat

Chicken, breasts or thighs, boneless and skinless, 1 pound
Mexican chorizo, uncured, 1 pound
Shrimp, raw, peeled, and deveined, 3 pounds

Dairy/Refrigerated

Butter, salted, 2 ounces (4 tablespoons)

Pantry

Broth, chicken, 24 fluid ounces (3 cups)
Crusty bread, for serving the Seafood Jambalaya
Frank's RedHot sauce, 4 fluid ounces (½ cup)
Olive oil, extra-virgin, 3 fluid ounces (¼ cup, plus 2 tablespoons)
Rice, white, uncooked, 12.6 ounces (2 cups)
Soy sauce or tamari, 2 fluid ounces (¼ cup)
Tomatoes, diced, 1 (28-ounce) can

Seasonings

Cayenne pepper, ½ teaspoon
Chili powder, mild, 3 tablespoons
Cumin, ground, ½ teaspoon
Garlic powder, 1 teaspoon
Oregano, dried, 2 tablespoons
Paprika, 1 tablespoon

SEAFOOD



Chili-Lime Tuna Steak with Tricolor Quinoa

and

Tuna-Noodle Casserole

Produce

Cilantro, 8 stems

Garlic, 2 cloves

Limes, 2

Mushrooms, button or baby bella, sliced, 4 ounces

Onion, yellow, ½

Parsley, 4 stems

Meat

Tuna steaks (1-inch-thick), 3 pounds

Dairy/Refrigerated

Butter, salted, 2 ounces (4 tablespoons)

Milk, whole, 13.3 fluid ounces (1 ⅔ cups)

Mozzarella cheese, shredded, 4 ounces (1 cup)

Frozen Foods

Green peas, 4.7 ounces (1 cup)

Pantry

Broth, chicken, 4 fluid ounces (½ cup)

Flour, all-purpose, 2 tablespoons

Olive oil, extra-virgin, 2 fluid ounces (¼ cup)

Quinoa, tricolor, 6.3 ounces (1 cup)

Soy sauce or tamari, 2 tablespoons

Tagliatelle or linguine, dried, 9 ounces

Thai chili sauce, 2 tablespoons

Seasonings

Sesame seeds, white, 1 tablespoon

VEGETARIAN

Plantain Black Bean Bowls *and* Barbecue Bean Casserole



Produce

Cilantro, 1 ¼ bunches
Garlic cloves, 4
Jalapeño pepper, 1
Kale, Italian, 2 bunches
Lemon, ½
Limes, 2
Onion, red, ½ large
Onion, yellow, 1 small
Plantains, ripe, 2 large

Pantry

Barbecue sauce, 9.6 ounces (1 cup), plus more for serving
Beans, black, dried, 1 pound
Mayonnaise, 2.8 ounces (1/3 cup)
Olive oil, extra-virgin, 2 fluid ounces (¼ tablespoons)
Rice, white, uncooked, 12.6 ounces (2 cups)

Seasonings

Bay leaf, 1
Paprika, ¼ teaspoon

VEGETARIAN



Enchilada-Stuffed Zucchini Boats *and* Vegetarian Chili with Vegan Corn Bread

Produce

Avocados, 2
Cilantro, ½ bunch
Garlic cloves, 6
Lime, 1
Onion, yellow, 1 ½
Zucchini, 4 medium

Dairy/Refrigerated

Coconut milk, 12 fluid ounces (1 ½ cups)
*substitute 1 ½ cups other unsweetened
nondairy milk
Monterey Jack cheese, shredded, 4 ounces
(1 cup)
Sour cream, 4.2 ounces (½ cup)

Pantry

Baking powder, 1 tablespoon
Beans, black, dried, 7.4 ounces (1 ½ cups)
Coconut oil, 4.5 fluid ounces (½ cup, plus 1
tablespoon)
Cornmeal, 6.3 ounces (1 ½ cups)
Enchilada sauce, red, 8.5 ounces (1 cup)
Flaxseed, ground, 1 tablespoon
Flour, all-purpose, 4.2 ounces (1 cup)
Lentils, red, dried, 2.5 ounces (½ cup)
Olive oil, extra-virgin, 2 tablespoons
Sugar, 5 ounces (¼ cup)
Tomatoes, crushed, 1 (28-ounce) can

Seasonings

Bay leaf, 1
Chili powder, mild, ¼ cup
Cumin, ground, 3 tablespoons, plus 1 teaspoon

VEGETARIAN



Baked Falafel Bowls *and* Goat Cheese and Mushroom Quiche

Produce

Cilantro, 1 bunch
Cucumber, 1
Garlic, 3 cloves
Kale, curly, 1 bunch
Lemons, 2
Mushrooms, shiitake, sliced, 5 ounces
Onion, red, ½
Parsley, 2 bunches
Shallot, 1

Prepared Foods

Hummus, 7.9 ounces (1 cup)

Dairy/Refrigerated

Eggs, 8 large
Feta cheese, crumbled, 1 ounce (¼ cup)
Goat cheese, crumbled, 4 ounces
Heavy cream, 4 fluid ounces (½ cup) *may substitute ½ cup full-fat coconut milk

Pantry

Baking powder, 1 teaspoon
Chickpeas, 2 (16-ounce) cans
Flour, all-purpose, 1 ounce (¼ cup)
Olives, kalamata, pitted, ¼ cup
Olive oil, extra-virgin, 5 fluid ounces (½ cup, plus 2 tablespoons)
Pita bread (optional), for serving Baked Falafel Bowls
Roasted red peppers, 1 (12-ounce) jar

Seasonings

Cumin, ground, 1 teaspoon

VEGETARIAN



General Tso's Cauliflower *and* Cauliflower Tinga Tacos

Produce

Avocado, 1

Cauliflower, 4 heads (2 ½ pounds)

Cilantro, ¼ bunch

Garlic, 2 cloves

Ginger, fresh, 1 (½-inch) piece

Green onions, ⅓ bunch

Limes, 4

Onion, red, ½

Pantry

Broth, vegetable, 8 fluid ounces (1 cup) *may substitute 1 cup water

Chili garlic sauce, 2 tablespoons

Chipotle chili peppers in adobo sauce, 1 (3.5-ounce) can

Cornstarch, 1 tablespoon

Fish sauce, ½ teaspoon

Honey, 4 ounces (⅓ cup)

Olive oil, extra-virgin, 3 fluid ounces (¼ cup, plus 2 tablespoons)

Rice, white, uncooked, 9.5 ounces (1 ½ cups)

Sesame oil, toasted, 2 teaspoons

Soy sauce or tamari, 2 tablespoons

Tomato paste, 4.7 ounces (½ cup)

Tortillas, corn, 8

Vinegar, rice, 2 fluid ounces (¼ cup)

Seasonings

Cumin, ground, 1 teaspoon

Oregano, dried, 2 teaspoons

Sesame seeds, white, 1 tablespoon

VEGETARIAN



Vegetarian Taco Casserole *and* Tofu Satay Bowls

Produce

Avocado, 1

Cilantro, ¼ bunch

Cucumber, 1

Garlic cloves, 2

Ginger, fresh, 1 (½-inch) piece

Kale, curly, 1 bunch

Limes, 3 ½

Dairy/Refrigerated

Mexican-style cheese blend, shredded, 8 ounces (2 cups)

Tofu, extra-firm, 1 (14-ounce) block

Pantry

Beans, pinto, 1 (16-ounce) can

Coconut aminos, 2 tablespoons

Coconut milk, full-fat, canned, 4 fluid ounces (½ cup)

Tomatoes and green chiles (such as Ro-Tel), diced, 4.4 ounces (½ cup)

Fish sauce, 2 tablespoons

Olives, black, sliced, 1 (2.25-ounce) can

Olive oil, extra-virgin, 3 tablespoons

Peanuts, salted, crushed, 2 tablespoons

Peanut butter, natural, creamy, 2.3 ounces (¼ cup)

Rice, white, uncooked, 12.6 ounces (2 cups)

Sambal oelek, 1 teaspoon

Sesame oil, toasted, 1 teaspoon

Soy sauce or tamari, 2 tablespoons

Sugar, brown, 2 tablespoons plus 2 teaspoons

Seasonings

Chili powder, mild, 1 tablespoon

Cumin, ground, ½ teaspoon

Oregano, dried, ½ teaspoon

Red pepper flakes, 1 ¼ teaspoons

Turmeric, ground, 1 teaspoon

VEGETARIAN



Pesto Potato and Mushroom Pizzas

and

Smashed Potato Bowls with Cauliflower Tabbouleh

Produce

Basil leaves, ¼ cup

Cauliflower rice, 12 ounces

Cucumber, 1 ⅓ large

Garlic cloves, 3

Lemon, 1

Mint leaves, ¼ cup

Mushrooms, shiitake, sliced, 5 ounces

Parsley, 1 bunch

Potatoes, baby Yukon Gold, 3 pounds

Tomatoes, 2 medium

Pantry

Basil pesto, 8.5 ounces (1 cup)

Olive oil, extra-virgin, 3 fluid ounces (¼ cup,
plus 2 tablespoons)

Pizza crusts, 2 (10-inch) crusts

Seasonings

Garlic powder, ½ teaspoon

Dairy/Refrigerated

Greek yogurt, full-fat, plain, 6 ounces (¾ cup)

Mozzarella cheese, shredded, 4 ounces (1 cup)

Parmesan cheese, grated, 1 ounce (¼ cup)

VEGETARIAN



Harvest Stuffed Squash

and

Yellow Curry

with Squash and Crispy Spiced Tofu

Produce

Brussels sprouts, shredded, 8 ounces

Cilantro, ½ bunch

Cranberries, ½ cup *may substitute ½ cup frozen cranberries

Lemon, 1

Limes, 2

Orange, 1

Parsley, 8 stems

Squash, acorn, 3 medium

Dairy/Refrigerated

Tofu, extra-firm, 1 (14-ounce) block

Yogurt, whole-milk, plain, 4 ounces (½ cup)

Pantry

Coconut milk, full-fat, 1 (13.5-ounce) can

Fish sauce, 1 teaspoon

Olive oil, extra-virgin, 2 fluid ounces (¼ cup)

Quinoa, tricolor, uncooked, 12.6 ounces (2 cups)

Red curry paste, 2 teaspoons

Soy sauce or tamari, 2 tablespoons

Seasonings

Red pepper flakes, 1 teaspoon

VEGETARIAN



Black Rice Salad *and* Rustic Lasagna Soup

Produce

Carrots, shredded, 12 ounces (2 cups)

Cherry tomatoes, 4 pounds

Garlic, 7 cloves

Lemon, 1

Mint leaves, ¼ cup

Onion, yellow, 1 small

Parsley, ¾

Pomegranate seeds (optional), ½ cup

Dairy/Refrigerated

Mozzarella cheese, shredded, 4 ounces (1 cup)

Parmesan cheese, grated, 2 ounces (½ cup)

Ricotta cheese, 8 ounces

Pantry

Broth, vegetable, 32 fluid ounces (4 cups)

Lasagna noodles, dried, 9 ounces

Olives, black, sun-dried, pitted, 1 cup

Olive oil, extra-virgin, 2.5 fluid ounces (¼ cup, plus 1 tablespoon)

Red wine, 4 fluid ounces (½ cup) *may substitute 2 tablespoons balsamic vinegar

Rice, black, uncooked, 6.3 ounces (1 cup)

Tomato paste, 6 ounces

Seasonings

Italian seasoning, 2 tablespoons

VEGETARIAN



Ricotta-Stuffed Eggplant *and* Eggplant Pepper Skillet

Produce

Basil, 2 tablespoons

Bell pepper, red, 1

Cilantro, ¼ bunch

Eggplants, 2 medium

Garlic, 3 cloves

Lemon, 1

Onion, yellow, ½

Parsley, ¼ bunch

Dairy/Refrigerated

Egg, 7 large

Mozzarella cheese, shredded, 8 ounces
(2 cups)

Ricotta cheese, whole-milk, 1 (15-ounce)
container

Frozen Foods

Spinach, 10 ounces

Pantry

Olive oil, extra-virgin, 2 fluid ounces (¼ cup)

Tomatoes, crushed, 1 (28-ounce) can

Tomato sauce, 1 (28-ounce) can

Seasonings

Chili powder, mild, 1 teaspoon

Cumin, ground, 1 teaspoon

Paprika, 2 teaspoons

VEGETARIAN

Caramelized Onion Lentil with Tomato Salad

and

“Chorizo” Stuffed Mushrooms with Avocado Sauce



Produce

Avocado, 1 small

Cilantro, ½ bunch

Cucumber, 1

Dill, 2 tablespoons

Lemons, 3

Limes, 2

Mushrooms, portobello, 6

Onions, yellow, 3 medium

Parsley, ¼ bunch

Tomatoes, 2

Dairy/Refrigerated

Eggs, 6 large

Greek yogurt, plain, 8 ounces (1 cup)

Pantry

Lentils, brown, dried, 7.4 ounces (1 ½ cups)

Olive oil, extra-virgin, 4.7 fluid ounces (½ cup, plus 1 tablespoon, plus 1 teaspoon)

Rice, wild, uncooked, 9.5 ounces (1 ½ cups)

Tart cherries, dried, 2.8 ounces (½ cup), plus more for garnish

Vinegar, apple cider, 2 tablespoons

Seasonings

Ancho chile powder, 1 teaspoon

Cayenne pepper (optional), ¼ teaspoon

Cinnamon, ground, ¼ teaspoon

Coriander, ground, 1 teaspoon

Cumin, ground, 1 ½ teaspoons

Garlic powder, ½ teaspoon

Oregano, dried, ½ teaspoon

Paprika, 2 teaspoons

VEGETARIAN



Veggie Buddha Bowl

and

Smoked Gouda Bello Burger with Baked Butternut Squash Tots

Produce

Avocados, 2

Cabbage, purple, ¼ head

Lemons, 3

Lime, 1

Mango, 1

Mushrooms, portobello, 4 large

Squash, butternut, 1 large (3 ½ pounds)

Dairy/Refrigerated

Gouda cheese, smoked, 4 slice

Parmesan cheese, grated, 4 ounces (1 cup)

Pantry

Bread crumbs, panko, 3.2 ounces (1 ½ cups)

Mayonnaise, 3.2 ounces (¼ cup, plus 2 tablespoons)

Hamburger buns, 4

Olive oil, extra-virgin, 2 fluid ounces (¼ cups)

Quinoa, white, uncooked, 6.3 ounces (1 cup)

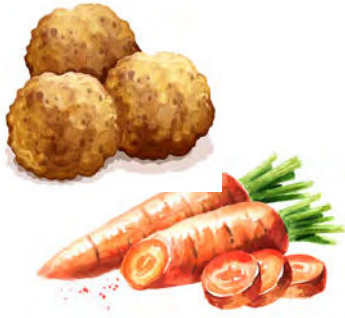
Seasonings

Sesame seeds, black, 1 tablespoon

Chipotle chile powder, 1 teaspoon

Turmeric, ground, 1 tablespoon

VEGETARIAN



Green Lentil Curry

with Quick Roti

and

Spiced Lentil Meatballs

with Mashed Potatoes and Gravy

Produce

Carrots, whole, 3

Cilantro, ½ bunch

Garlic, 14 cloves

Ginger, fresh, 1 (1-inch) piece

Kale, lacinato, 1 bunch

Lime, 1

Parsley, ¼ bunch

Potatoes, Yukon Gold, 1 ½ pounds

Shallots, 2

Dairy/Refrigerated

Butter, salted, 2 tablespoons *may substitute 2 tablespoons ghee or extra-virgin olive oil

Egg, 1 large

Heavy cream, 2 fluid ounces (¼ cup)

Pantry

Bread crumbs, 2 ounces (½ cup)

*may substitute ½ cup rolled oats

Broth, vegetable, 56 fluid ounces (7 cups)

Flour, all-purpose, 9 ounces (2 cups, plus 2 tablespoons)

Ghee, 3.4 ounces (⅓ cup, plus 1 tablespoon)
*may substitute ⅓ cup, plus 1 tablespoon extra-virgin olive oil

Lentils, green, dried, 9.9 ounces (2 cups)

Olive oil, extra-virgin, 3.5 fluid ounces (¼ cup, plus 3 tablespoons)

Rice, brown, uncooked, 9.5 ounces (1 ½ cups)

Tomato paste, 1 tablespoon

Seasonings

Allspice, ⅛ teaspoon

Cinnamon, ground, ¼ teaspoon

Cloves, ground, ⅛ teaspoon

Coriander, ground, ½ teaspoon

Curry powder, 1 tablespoon

Garam masala, 1 teaspoon

Garlic powder, 1 teaspoon

Turmeric, ground, ½ teaspoon

Onion powder, ½ teaspoon