

SHOPPING
LISTS

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

COOK ONCE

DINNER FIX

Cassy Joy Garcia

BEST-SELLING AUTHOR OF COOK ONCE, EAT ALL WEEK

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Shopping Lists

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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

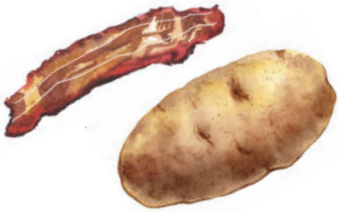
Pantry

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)

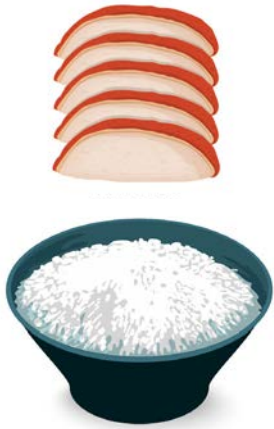
Pantry

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, ¾ bunch
Garlic clove, 1
Jalapeño, 1
Limes, 2
Onion, white or yellow, ½ medium
Sweet potatoes, 1 pound

Meat

Turkey breast tenderloins, boneless and
skinless, 3 pounds

Dairy

Mexican-style cheese blend, shredded, 6
ounces (1 ½ cups)
Sour cream, 2.1 ounces (¼ cup)

Frozen Foods

Corn kernels, 7.1 ounces (1 ½ cups)

Pantry

Beans, black, 1 (15-ounce) can
Maple syrup, pure, 2 fluid ounces (¼ cup)
Mayonnaise, 2.1 ounces (¼ cup)
Olive oil, extra-virgin, 3.15 fluid ounces
(6 tablespoons, plus 1 teaspoon)

Seasonings

Chipotle chile powder, ½ teaspoon
Cumin, ground, ½ 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

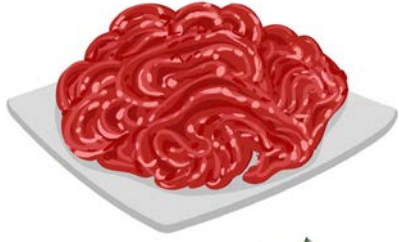
Pantry

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)

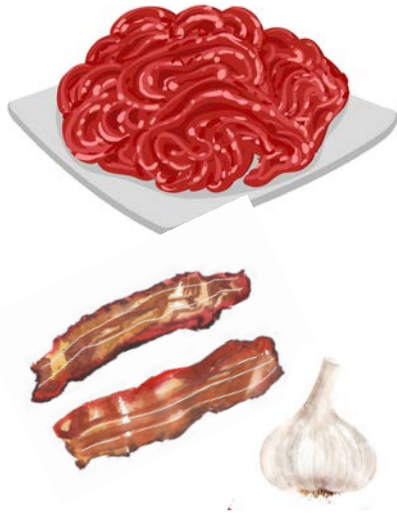
Pantry

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)

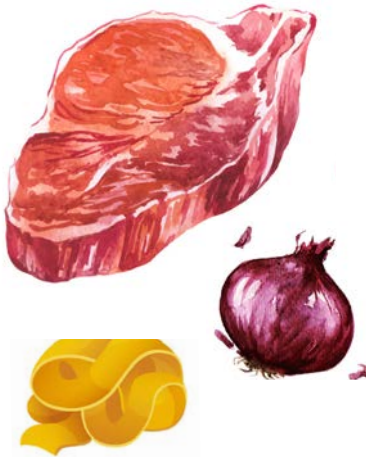
Pantry

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)

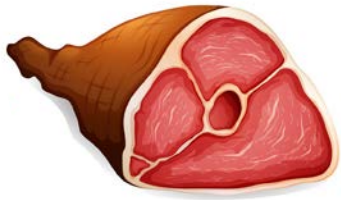
Pantry

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)

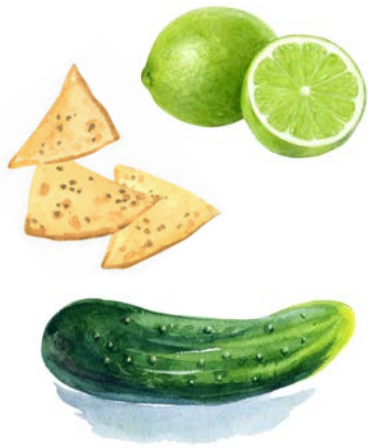
Pantry

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, ½
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)

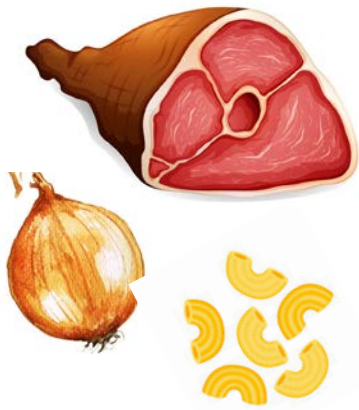
Pantry

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 (¼ cup)
Olives, pimento-stuffed, green, halved, ½ cup
Olive oil, extra-virgin, 3.5 fluid ounces (¾ 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, ¼ 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

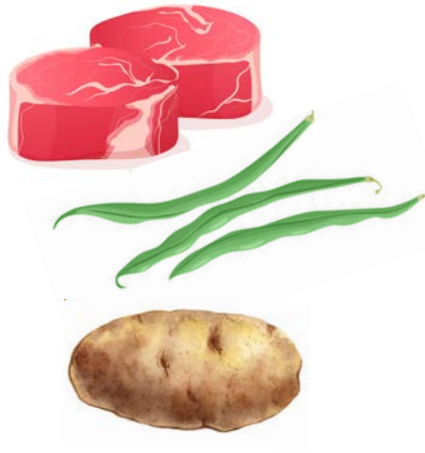
Pantry

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

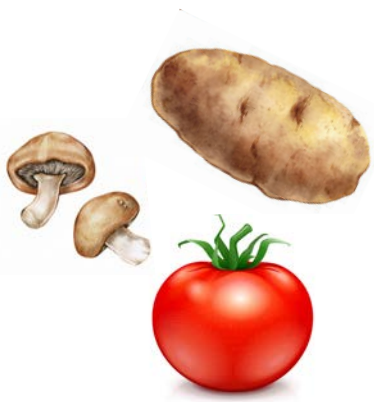
Beans, pinto, 1 (16-ounce) can
Coconut aminos, 2 tablespoons
Coconut milk, full-fat, canned, 4 fluid ounces (½ cup)
Tomatoes and green chiles (such as Ro-Tel), diced, 4.4 ounces (½ cup)
Fish sauce, 2 tablespoons

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

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)

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

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)

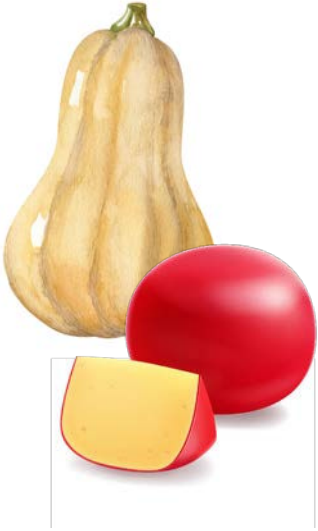
Pantry

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)

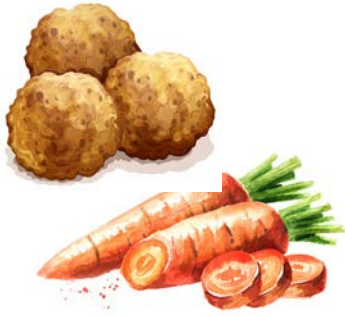
Pantry

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 ex-
tra-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