

EVERYDAY EATS

GROCERY LIST + MEAL PLAN

A FULL WEEK OF COOKING FROM THE BOOK • SUNDAY, AUGUST 30

Everything on this list comes straight out of Everyday Eats — one make-ahead breakfast, a lunch to prep once, five weeknight dinners, and a sweet treat to snack on all week. Shop Sunday, prep a little, and dinner is genuinely done.

PREP ON SUNDAY

BREAKFAST	Freezer-Friendly Mediterranean Breakfast Sandwiches	PAGE 32
LUNCH	Classic Tuna Salad	PAGE 62
SWEET TREAT	Almond Joyful Bites <i>Make a batch Sunday and snack on them all week.</i>	PAGE 246

WEEKNIGHT DINNERS

MONDAY	Crunchy Coconut Shrimp Bowls with Spicy Aioli <i>Use the leftover coconut shreds from the Almond Joyful Bites!</i>	PAGE 211
TUESDAY	Roasted Buffalo Chicken Thighs with Brussels Sprouts <i>This one's the cover of the book — cook the cover!</i>	PAGE 141
WEDNESDAY	Honey-Orange Pork and Snap Pea Stir-Fry	PAGE 170
THURSDAY	One-Pot Cheesy Enchilada Helper	PAGE 109
FRIDAY	Sheet Pan Kofta Meatballs with Veggies	PAGE 199

A NOTE BEFORE YOU SHOP

The tuna salad makes 2 servings and the breakfast sandwiches make 8 — double the tuna if you want lunches all week. Every page number refers to Everyday Eats, on shelves now.

EVERYDAY EATS

100 SIMPLE AND HEALTHY RECIPES FOR REAL LIFE

Alex Snodgrass • The Defined Dish • On shelves now

BK breakfast LU lunch SW sweet treat MON-FRI dinners PANTRY you likely have it

PROTEINS & SEAFOOD

☐ BK	8 slices no-sugar-added bacon
☐ LU	Two 4-oz cans albacore or skipjack tuna
☐ MON	1 lb shrimp (36/40), peeled & deveined
☐ TUE	4 large bone-in, skin-on chicken thighs
☐ WED	1 1/2 lbs pork tenderloin
☐ THU	1 lb ground beef (90/10)
☐ FRI	1 lb ground lamb or ground beef

PRODUCE

☐ BK	1/3 cup fresh basil leaves
☐ BK	2 cups baby spinach
☐ LU	1 stalk celery
☐ LU/TUE	Fresh dill (1 bunch)
☐ LU/TUE/FRI	2 red onions (1 small, 1 large)
☐ LU/TUE	2 lemons
☐ BK/LU/WED/THU/FRI	2 heads garlic
☐ THU	1 small yellow onion
☐ TUE	1 lb Brussels sprouts
☐ TUE	Fresh chives
☐ WED	1 large shallot
☐ WED	8 oz sugar snap peas
☐ WED	1 orange
☐ WED	Fresh ginger
☐ MON	1/2 medium head red cabbage
☐ MON	3 green onions
☐ MON	1 avocado
☐ MON/THU	3 limes
☐ MON/THU/FRI	Fresh cilantro
☐ FRI	2 medium red bell peppers
☐ FRI	1 medium yellow bell pepper

DAIRY & EGGS

☐ BK/FRI	9 large eggs (1 dozen)
☐ BK/THU	Whole-milk plain Greek yogurt (1 cup)
☐ BK	1/2 cup crumbled feta
☐ TUE	1/3 cup crumbled blue cheese
☐ THU	1 cup shredded Mexican blend cheese

SPICES & SEASONINGS

☐ PANTRY	Kosher salt & black pepper
☐ TUE	Onion powder, garlic powder
☐ THU	Chili powder
☐ THU/FRI	Ground cumin
☐ FRI	Ground coriander, allspice
☐ LU/FRI	Cayenne pepper (opt.)

BREADS, GRAINS & DRY GOODS

☐ BK	8 English muffins (GF if needed)
☐ FRI	Pita bread, for serving
☐ THU	8 oz GF brown rice fusilli pasta
☐ MON/FRI	GF panko bread crumbs (3/4 cup)
☐ MON/SW	Unsweetened shredded coconut (1 lg bag)
☐ SW	1/2 cup almond flour
☐ SW	12 raw almonds
☐ SW	1 cup dairy-free dark chocolate chips
☐ SW	2 tbsp almond milk
☐ WED	2 tbsp tapioca flour
☐ MON/WED	Steamed rice or cauliflower rice
☐ WED	1 tbsp toasted sesame seeds
☐ MON	Black sesame seeds (opt.)

CANNED, JARRED & CONDIMENTS

☐ BK	1/3 cup oil-packed sun-dried tomatoes
☐ BK	Hot sauce (opt.)
☐ LU/MON	Avocado oil mayo (1/4 cup)
☐ LU	Dijon mustard
☐ LU	Dill relish
☐ LU	Coconut sugar
☐ TUE	1/4 cup mild or hot Buffalo sauce
☐ WED	Coconut aminos
☐ WED	Fish sauce
☐ WED/MON	No-sugar-added sriracha
☐ WED/SW	Honey (1/3 cup +)
☐ MON	Rice vinegar
☐ THU	One 15-oz can red enchilada sauce
☐ THU	2 cups low-sodium beef broth
☐ FRI	1/3 cup store-bought hummus
☐ SW	Pure vanilla extract

OILS

☐ MOST NIGHTS	Avocado oil + avocado oil spray
☐ FRI	Extra-virgin olive oil
☐ MON/WED	Toasted sesame oil
☐ SW	Coconut oil (1/4 cup + 1 tbsp)