

EVERYDAY EATS

GROCERY LIST + MEAL PLAN

A FULL WEEK OF COOKING FROM THE BOOK • SUNDAY, SEPTEMBER 13

Another full week straight out of *Everyday Eats* — a make-ahead breakfast, a lunch that gets better as it sits, five weeknight dinners, and a sweet treat for the freezer. Shop Sunday, prep a little, and dinner is done.

PREP ON SUNDAY

BREAKFAST	Skillet Migas Breakfast Frittata <i>Makes 8 slices — cut, store, and reheat all week long.</i>	PAGE 43
LUNCH	Curried Couscous and Roasted Cauliflower Salad <i>The flavors deepen as it chills. Keeps 5 days.</i>	PAGE 57
SWEET TREAT	Easy No-Bake Crunchy Peanut Butter Bites <i>Makes 18, no oven required — the kids can make these themselves.</i>	PAGE 237

WEEKNIGHT DINNERS

MONDAY	Vietnamese-Inspired Steamed Fish with Rice Noodles <i>Don't forget parchment paper — the skillet gets lined with it.</i>	PAGE 225
TUESDAY	Creamy Peperoncini Chicken <i>Serve over egg noodles with crusty bread on the side!</i>	PAGE 146
WEDNESDAY	Ground Beef and Barley Stew <i>Makes 8 — the first truly cozy one of the season.</i>	PAGE 84
THURSDAY	Spicy Miso Chicken Salad	PAGE 66
FRIDAY	Skillet-Baked Ziti with Sausage and Ricotta	PAGE 105

DON'T WASTE THE LEFTOVERS

Leftover salsa verde from the frittata? Try the *Steak Street Taco Salad* on page 69. Leftover white miso paste from Thursday? The *20-Minute Wonton Soup* on page 80 will use it up.

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

☐ MON	4 skinless halibut or cod fillets (6 oz ea.)
☐ TUE	4 small boneless skinless chicken breasts
☐ WED	1 lb ground beef (90/10)
☐ THU	1 1/2 lbs ground chicken or turkey
☐ FRI	1 lb bulk mild or hot Italian sausage

PRODUCE

☐ BK	1 medium poblano pepper
☐ BK/MON/TUE	3 red bell peppers
☐ BK/TUE/WED/FRI	3 yellow onions
☐ ALL WEEK	2 heads garlic
☐ LU	1 small head cauliflower
☐ LU/WED	2 large carrots
☐ MON	1 cup matchstick-cut carrots
☐ LU/TUE	2 lemons
☐ MON/THU	4 limes
☐ MON	1-2 Thai chiles
☐ MON/THU	Fresh ginger (1 large knob)
☐ MON/THU	7 green onions
☐ MON/THU	Fresh mint
☐ BK/LU/MON/THU	Fresh cilantro
☐ THU	1 large shallot
☐ THU	2 heads butter lettuce
☐ WED	2 stalks celery
☐ WED	Fresh rosemary
☐ WED	Fresh thyme
☐ TUE	Fresh Italian parsley
☐ FRI	Fresh basil
☐ BK	1 avocado (opt., for serving)

DAIRY & EGGS

☐ BK	9 eggs
☐ BK	1/2 cup whole milk
☐ BK	1/2 cup shredded Monterey Jack
☐ LU/TUE	Whole-milk plain Greek yogurt (1 cup)
☐ BK	Sour cream (opt., for serving)
☐ TUE	1 tbsp unsalted butter
☐ TUE/FRI	Grated Parmesan (3/4 cup)
☐ FRI	1/2 cup whole-milk ricotta
☐ FRI	5 oz fresh mozzarella

OILS & VINEGARS

☐ PANTRY	Extra virgin olive oil
☐ BK/MON/THU	Avocado oil
☐ THU	Toasted sesame oil
☐ SW	Liquid coconut oil
☐ WED	2 tbsp tamari or soy sauce
☐ WED	1 tbsp balsamic vinegar

BREADS, GRAINS & DRY GOODS

☐ BK	6 corn tortillas
☐ LU	1 1/2 cups Israeli or pearl couscous
☐ LU	1/2 cup roasted pistachios
☐ MON	8 oz vermicelli rice noodles
☐ MON/THU	1/2 cup dry-roasted peanuts
☐ MON	Parchment paper
☐ TUE	2 tbsp cassava flour
☐ TUE	Egg noodles, for serving
☐ TUE	Crusty bread, for serving
☐ WED	1 cup pearled barley
☐ FRI	8 oz GF brown rice ziti or penne
☐ SW	2 cups cornflakes cereal
☐ SW	2 tbsp hemp hearts
☐ SW	1/2 cup dairy-free dark chocolate chips

CANNED, JARRED & CONDIMENTS

☐ BK	1/2 cup salsa verde
☐ BK	Pico de gallo (opt., for serving)
☐ LU	1/2 cup avocado oil mayo
☐ LU/SW	Honey
☐ MON	2 tbsp fish sauce
☐ MON	1 tbsp coconut sugar
☐ MON/THU	Coconut aminos (5 tbsp)
☐ TUE	1 jar sliced peperoncini (save the brine!)
☐ TUE	1 tbsp Dijon mustard
☐ TUE	1 tbsp whole-grain Dijon mustard
☐ TUE	3/4 cup low-sodium chicken broth
☐ WED/FRI	Low-sodium beef broth (~5 cups)
☐ WED	2 tbsp tomato paste
☐ WED	1 (14.5 oz) can no-salt diced tomatoes
☐ THU	2 tbsp GF white miso paste
☐ THU	1 tbsp sriracha
☐ FRI	2 cups jarred marinara
☐ FRI	1/4 cup dry white wine
☐ SW	1 cup creamy peanut butter

SPICES & SEASONINGS

☐ PANTRY	Kosher salt
☐ PANTRY	Black pepper
☐ SW	Flaky sea salt
☐ LU	Curry powder
☐ LU	Ground turmeric
☐ LU	Ground cumin
☐ LU	Ground ginger
☐ LU	Cayenne pepper
☐ TUE/FRI	Italian seasoning
☐ WED	Smoked paprika
☐ WED	Dried oregano
☐ WED	1 bay leaf
☐ THU	Crushed red pepper flakes