

REALSIMPLE to go A MONTH OF DINNERS

For recipes, turn to page 238.



Make your weekly trip to the supermarket a snap by tearing out these shopping lists—or receiving them directly on your smartphone using the tag at right.

Don't have the Microsoft Tag Reader app? Open the mobile browser on your smartphone and go to <http://gettag.mobi>. Then follow the free and easy download process.



WEEK 1

the meal plan

MONDAY

Salmon with Gingery Green Beans and Bok Choy

TUESDAY

Tomato Soup with Roast Beef, Cheddar, and Horseradish Panini

WEDNESDAY

Pork Chops with Roasted Beets and Oranges

THURSDAY

Chicken with Potatoes, Bacon, and Cabbage

FRIDAY

Tortellini with Butternut Squash, Mushrooms, and Fontina

the shopping list

what you might have

- sour cream, $\frac{1}{2}$ cup
- onions, 2 large
- garlic, 6 cloves
- whole peeled tomatoes, 1 28-ounce can
- low-sodium chicken broth, $3\frac{1}{2}$ cups
- prepared horseradish, 2 tablespoons
- whole-grain mustard, 1 tablespoon
- Sriracha or Asian chili-garlic sauce, for serving
- olive oil, $\frac{2}{3}$ cup
- canola oil, 2 tablespoons plus 1 teaspoon
- cider vinegar, 3 tablespoons
- dried thyme, 1 tablespoon plus 1 teaspoon
- dried oregano, 1 tablespoon
- kosher salt and black pepper

what you might need

- bone-in pork chops, 4 (1 inch thick; 2 pounds total)*
- boneless, skinless chicken breasts, 4 6-ounce*
- salmon, $\frac{1}{4}$ pounds skinless fillet
- thinly sliced roast beef, 8 ounces
- cheese tortellini (fresh or frozen), 1 pound
- bacon, 3 slices
- green beans, $\frac{3}{4}$ pound
- baby bok choy, $\frac{3}{4}$ pound
- savoy cabbage, $\frac{1}{2}$ small head
- butternut squash, 1 small (2 pounds)
- button or cremini mushrooms, $\frac{1}{2}$ pound
- carrots, 4 small
- baby arugula, 8 cups ($6\frac{1}{2}$ ounces)
- beets, 1 pound
- scallions, 4
- oranges, 2
- fresh sage leaves, $\frac{1}{4}$ cup
- fresh ginger, 2-inch piece
- new potatoes, $\frac{3}{4}$ pound
- shallot, 1 small
- sharp white Cheddar, 8 ounces
- fontina or Gruyère, 2 ounces plus more for serving
- sandwich bread, 8 slices

*Freeze this when you get home from the supermarket; thaw before cooking.

WEEK 2

the meal plan

MONDAY

Chicken with Wild Rice and Grapes

TUESDAY

Steak with Cognac Sauce and Salad

WEDNESDAY

Roasted Vegetable and Quinoa Salad with Pistachios

THURSDAY

Shrimp Tacos with Black Beans

FRIDAY

Pasta with Sausage and Tomatoes

the shopping list

what you might have

- lemon, 1
- lime, 1
- red onion, $\frac{1}{4}$ small
- garlic, 2 cloves
- sour cream, for serving
- unsalted butter, 2 tablespoons
- grated Parmesan, for serving
- large egg, 1
- whole peeled tomatoes, 2 28-ounce cans
- black beans, 2 15.5-ounce cans
- cavatappi or some other short pasta, 12 ounces
- all-purpose flour, $\frac{1}{2}$ cup
- cornmeal, $\frac{1}{2}$ cup
- cognac or brandy, $\frac{3}{4}$ cup
- hot sauce, for serving
- olive oil, 1 cup plus 2 teaspoons
- red wine vinegar, 1 tablespoon
- kosher salt and black pepper

what you might need

- chicken thighs, 8 (about 3 pounds)
- strip or skirt steak, $1\frac{1}{2}$ pounds
- small shrimp, 1 pound*
- sweet or hot Italian sausage links, $\frac{3}{4}$ pound*
- green beans, 1 pound
- carrots, 1 pound
- shiitake or cremini mushrooms, 1 pound
- baby spinach, 8 cups ($6\frac{1}{2}$ ounces)
- romaine lettuce, 1 small head
- scallions, 4
- avocado, for serving
- red seedless grapes, 2 cups
- fresh thyme leaves, 2 tablespoons
- cilantro, for serving
- heavy cream, $\frac{1}{2}$ cup
- blue cheese, 2 ounces
- frozen waffle fries, 4 servings
- corn tortillas, 8 6-inch
- wild rice blend, 1 cup
- quinoa, 1 cup
- salted, roasted pistachios, $\frac{1}{4}$ cup chopped
- salsa, for serving

*Freeze this when you get home from the supermarket; thaw before cooking.

WEEK 3

the meal plan

MONDAY

Pork Loin with Sautéed Cauliflower and Capers

TUESDAY

Chickpea-Spinach Curry with Cucumber-Yogurt Sauce

WEDNESDAY

Lamb Chops with Roasted Broccoli and Feta

THURSDAY

Lemony Tuna and Olive Oil Pasta

FRIDAY

Roasted Chicken with Mole Sauce and Citrus Salad

the shopping list

what you might have

- lemons, 2
- onion, 1 large
- red onion, $\frac{1}{4}$ small
- garlic, 8 cloves
- linguine, 12 ounces
- chickpeas, 2 15.5-ounce cans
- oil-packed tuna, 2 6-ounce cans
- raisins, 1 cup
- panko bread crumbs, $\frac{2}{3}$ cup
- capers, 2 tablespoons
- Dijon mustard, 2 tablespoons
- olive oil, $\frac{3}{4}$ cup plus 1 tablespoon
- vegetable oil, 2 tablespoons
- red wine vinegar, 2 tablespoons
- curry powder, 2 tablespoons
- crushed red pepper, $\frac{1}{4}$ teaspoon
- kosher salt and black pepper

what you might need

- pork loin, $1\frac{1}{2}$ pounds
- lamb chops, 8 small (rib or loin; $\frac{3}{4}$ inch thick; about 2 pounds total)*
- boneless, skinless chicken breasts, 4 6-ounce*
- cauliflower, 1 head (about $1\frac{1}{2}$ pounds)
- cucumber, 1
- broccoli, 1 bunch (about 1 pound)
- watercress, 2 bunches
- orange, 1
- fresh flat-leaf parsley, $1\frac{1}{4}$ cups chopped
- fresh cilantro, $\frac{1}{4}$ cup chopped
- fresh ginger, 2-inch piece
- plain low-fat Greek yogurt, 1 cup
- Feta, 4 ounces
- frozen chopped spinach, 1 10-ounce package
- naan bread, for serving
- enchilada sauce, 1 cup
- pickled sweet red cherry peppers (such as Peppadews), $\frac{1}{2}$ cup
- unsweetened chocolate, 1 ounce
- toasted sesame seeds, for serving

*Freeze this when you get home from the supermarket; thaw before cooking.

WEEK 4

the meal plan

MONDAY

Pan-Roasted Cod and Fennel with Spinach Couscous

TUESDAY

Chipotle Beef and Beer Chili

WEDNESDAY

Lime and Soy-Glazed Chicken with Cabbage Slaw

THURSDAY

Salami and Brussels Sprouts Pizza

FRIDAY

Skillet-Poached Eggs with Braised Peppers and Onions

the shopping list

what you might have

- lemon, 1
- limes, 3
- onions, 2 medium
- white onion, 1 large
- red onion, 1 medium
- garlic, 4 cloves
- large eggs, 8
- sour cream, for serving
- whole peeled tomatoes, 1 28-ounce can
- diced tomatoes, 1 14.5-ounce can
- kidney beans, 1 15.5-ounce can
- couscous, 1 cup
- dark brown sugar, 3 tablespoons
- soy sauce, 2 tablespoons
- dry white wine, $\frac{1}{4}$ cup
- olive oil, $\frac{3}{4}$ cup
- canola oil, 1 tablespoon
- sesame oil, 1 teaspoon
- chili powder, 1 tablespoon
- paprika, 1 teaspoon
- ground coriander, $\frac{1}{2}$ teaspoon
- crushed red pepper, for serving
- kosher salt and black pepper

what you might need

- bone-in, skin-on chicken pieces, $2\frac{1}{2}$ to 3 pounds*
- cod or some other firm white fish, $1\frac{1}{2}$ pounds skinless fillets
- ground beef chuck, 1 pound
- salami, 2 ounces sliced
- mixed greens, 4 cups (3 ounces)
- flat-leaf spinach, 2 cups ($1\frac{1}{2}$ ounces)
- red cabbage, $\frac{1}{4}$ head
- Brussels sprouts, $\frac{1}{2}$ pound
- carrots, 2 large
- red bell peppers, 3
- scallions, 4
- fennel, 1 bulb
- fresh mint leaves, $\frac{1}{2}$ cup chopped
- fresh flat-leaf parsley, 2 tablespoons chopped
- cilantro, for serving
- fresh ginger, 2-inch piece
- mozzarella, $\frac{1}{2}$ pound
- pizza dough, 1 pound
- corn bread, for serving
- country bread, for serving
- chipotles in adobo, 1 to 3 teaspoons chopped
- pickled jalapeños, for serving
- dark Mexican beer, 1 12-ounce bottle

*Freeze this when you get home from the supermarket; thaw before cooking.