### 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, 1/2 cup
- Onions, 2 large
- Garlic, 6 cloves
- Whole peeled tomatoes, 1-28-ounce can
- Low-sodium chicken broth, 3/2 cups
- Prepared horseradish, 2 tablespoons
- Whole-grain mustard, 1 tablespoon
- Sriracha or Asian chili-garlic sauce, for serving
- Olive oil, 1/2 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 whole (1 inch thick; 2 pounds total)*
- Boneless, skinless chicken breasts, 4-6-ounce*
- Salmon, 1 pound
- Whole wheat bread, 1 pound
- Cheese tortellini (fresh or frozen), 1 pound
- Bacon, 3 slices
- Green beans, 1/4 pound
- Baby boy choy, 1/2 pound
- Savoy cabbage, 1/4 small head
- Butternut squash, 1 small (2 pounds)
- Button or crimini mushrooms, 1/2 pound
- Carrots, 4 small
- Baby arugula, 8 cups (2 cups; 6-ounce)
- Beets, 1 pound
- Scallions, 4
- Oranges, 2
- Fresh sage leaves, 1/4 cup
- Fresh ginger, 2-inch piece
- New potatoes, 1/2 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, 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, 1/2 cup
- Cornmeal, 1/2 cup
- Cognac or brandy, 1/4 cup
- Hot sauce, for serving
- Olive oil, 1, 1/4 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, 1/2 to 1 pound
- Small shrimp, 1 pound*
- Sweet or hot Italian sausage links, 1 pound*
- Green beans, 1 pound
- Carrots, 1 pound
- Shiitake or cremini mushrooms, 1 pound
- Baby spinach, 8 cups (6 cups; 6-ounce)
- 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, 1/2 cup
- Blue cheese, 2 ounces
- Frozen waffle fries, 4 servings
- Corn tortillas, 6-8 inch
- Wild rice blend, 1 cup
- Quinoa, 1 cup
- Salted, roasted pistachios, 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:** Lemon 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, 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, 1/2 cup
- Capers, 2 tablespoons
- Dijon mustard, 2 tablespoons
- Olive oil, 1/4 cup plus 1 tablespoon
- Vegetable oil, 1 tablespoon
- Red wine vinegar, 2 tablespoons
- Curry powder, 2 tablespoons
- Crushed red pepper, 1/2 teaspoon
- Kosher salt and black pepper

**What You Might Need**
- Pork loin, 1-1/2 pounds
- Lamb chops, 8 small (rib or loin; 1/4 inch thick; about 2 pounds total)*
- Boneless, skinless chicken breasts, 4-6-ounce*
- Cauliflower, 1 head (about 1-1/2 pounds)
- Cucumber, 1
- Broccoli, 1 bunch (about 1 pound)
- Watercress, 2 bunches
- Orange, 1
- Fresh flat-leaf parsley, 1/4 cup chopped
- Fresh cilantro, 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), 1/2 cup
- Pickled jalapeños, for serving
- Fresh mint leaves, 1/2 cup chopped
- Fresh flat-leaf parsley, 2 tablespoons chopped
- Cilantro, for serving
- Fresh ginger, 2-inch piece
- Mozzarella, 1/2 pound
- Pizza dough, 1 pound
- Corn bread, for serving
- Country bread, for serving
- Chipotle-sauce, 1 to 3 teaspoons chopped
- Pickled jalapeños, for serving
- Dark Mexican beer, 1-1/2 ounce bottle

*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 egg, 1
- Sour cream, for serving
- Whole peeled tomatoes, 1-28-ounce can
- Diced tomatoes, 1-15.5-ounce can
- Kidney beans, 1-15.5-ounce can
- Couscous, 1 cup
- Dark brown sugar, 3 tablespoons
- Soy sauce, 2 tablespoons
- Dry white wine, 1/4 cup
- Olive oil, 1/4 cup
- Canola oil, 1 tablespoon
- Sesame oil, 1 teaspoon
- Chili powder, 1 tablespoon
- Paprika, 1 teaspoon
- Ground coriander, 1/4 teaspoon
- Crushed red pepper, for serving
- Kosher salt and black pepper

**What You Might Need**
- Bone-in, skin-on chicken pieces, 2 to 3 pounds*
- Cod or other firm white fish, 1-1/2 pounds skinless fillets
- Ground beef chuck, 1 pound
- Salami, 2 ounces sliced
- Mixed greens, 4 cups (3 ounces)
- Flat-leaf spinach, 2 cups (1 cups; 6-ounce)
- Red cabbage, 1/4 head
- Brussels sprouts, 1/4 pound
- Carrots, 2 large
- Red bell peppers, 3
- Scallions, 4
- Fennel, 1 bulb
- Fresh mint leaves, 1/2 cup chopped
- Fresh flat-leaf parsley, 2 tablespoons chopped
- Cilantro, for serving
- Fresh ginger, 2-inch piece
- Mozzarella, 1/2 pound
- Pizza dough, 1 pound
- Corn bread, for serving
- Country bread, for serving
- Chipotle-sauce, 1 to 3 teaspoons chopped
- Pickled jalapeños, for serving
- Dark Mexican beer, 1-1/2 ounce bottle

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