

# SHOPPING *lists* WEEK 1

## WEEK 1

**MONDAY:** Roasted Tilapia, Potatoes, and Lemons

**TUESDAY:** Penne with Tomatoes, Eggplant, and Mozzarella

**WEDNESDAY:** Turkey Burgers with Creamy Romaine Slaw

**THURSDAY:** Pork Cutlets with Spicy Noodles

**FRIDAY:** Steak with Roasted Carrots and Onions

## WEEK 2

**MONDAY:** Curry Shrimp and Snow Peas

**TUESDAY:** Lamb Meatballs with Couscous and Feta

**WEDNESDAY:** Red Currant-Glazed Chicken with Spinach

**THURSDAY:** Chorizo and Potato Tacos with Black Bean Salsa

**FRIDAY:** Ravioli with Brussels Sprouts and Bacon

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

## WHAT YOU MAY HAVE

- lemon, 1
- garlic, 2 cloves
- large egg, 1
- penne, 1/2 pound (1/2 box)
- all-purpose flour, 1/4 cup
- Dijon mustard, 3 tablespoons
- mayonnaise, 2 tablespoons
- low-sodium chicken broth, 4 cups
- dry white wine, 1/2 cup
- white wine vinegar, 1 tablespoon
- canola oil, 2 tablespoons
- olive oil, 2/3 cup
- paprika, 1/2 teaspoon
- crushed red pepper, 1/4 teaspoon
- kosher salt and black pepper

## WHAT YOU MAY NEED

- ground dark meat turkey, 1 pound (93 percent lean or less)\*
- Newport or sirloin steaks, 4 small (1 inch thick; about 1 1/2 pounds total)\*
- pork cutlets, 4 thin (about 3/4 pound total)\*
- skinless tilapia fillets, 4 6-ounce
- cherry tomatoes, 1/2 pound
- eggplant, 1 medium (about 1 1/4 pounds)
- medium carrots, 1 3/4 pounds
- red jalapeño pepper, 1
- romaine lettuce, 2 leaves
- shiitake mushrooms, 1/2 pound
- scallions, 4
- fresh ginger, 1 1 1/2-inch piece
- fresh tarragon, 2 tablespoons chopped
- fresh thyme, 12 sprigs
- fresh mint, 1/4 cup torn leaves
- red onions, 2 small
- baby potatoes, 1 pound (about 12)
- fresh mozzarella, 1/2 pound
- soft rolls, 4
- pickles (optional)
- pitted kalamata olives, 1/2 cup
- udon noodles, 1/2 pound
- panko bread crumbs, 3/4 cup
- potato chips (optional)

## WEEK 2

### WHAT YOU MAY HAVE

- lemon, 1
- limes, 4
- garlic, 2 cloves
- russet potato, 1 (8 ounces)
- Parmesan (optional)
- long-grain white rice, 1 cup
- white wine vinegar, 1 tablespoon
- canola oil, 1 tablespoon
- olive oil, 1/2 cup plus 1 tablespoon
- ground cumin, 1/2 teaspoon
- ground coriander, 1/2 teaspoon
- crushed red pepper, 1/4 to 1/2 teaspoon
- kosher salt and black pepper

### WHAT YOU MAY NEED

- bone-in, skin-on chicken pieces, 2 1/2 pounds\*
- ground lamb or beef, 1 pound
- fresh chorizo or Italian sausage, 1 pound
- bacon, 6 slices
- frozen peeled and deveined large shrimp, 1 1/2 pounds
- cheese ravioli (fresh or frozen), 1 pound
- Brussels sprouts, 1/2 pound
- English cucumber, 1/2
- plum tomatoes, 2
- radishes, 4
- avocado, 1
- bean sprouts, 1/2 cup
- snow peas, 3/4 cup
- fresh spinach, 1 10-ounce package
- fresh cilantro, 1/2 cup chopped
- fresh basil, 1/4 cup torn leaves
- red onion, 1 small
- Feta, 4 ounces
- sour cream, 1/4 cup
- hard taco shells, 8
- couscous, 1 cup
- red currant jelly, 1/2 cup
- golden raisins, 1/4 cup
- dried apricots, 1/4 cup
- pecan halves, 1/2 cup
- black beans, 1 15-ounce can
- coconut milk, 1 14-ounce can
- Thai red curry paste, 1 to 2 tablespoons

# SHOPPING *lists*

(continued)

## WEEK 3

**MONDAY:** Chicken Paprikash

**TUESDAY:** Shrimp with White Beans and Toast

**WEDNESDAY:** Asian Beef and Mango Salad

**THURSDAY:** Mushroom and Herb Strata

**FRIDAY:** Balsamic-Glazed Pork with Lentils

## WEEK 4

**MONDAY:** Roasted Pork Chops with Polenta

**TUESDAY:** Salmon with Potato Salad

**WEDNESDAY:** Seared Steak with Cauliflower Puree

**THURSDAY:** Sweet Potato and Brie Flat Bread

**FRIDAY:** Cajun Chicken with Collard Greens

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

## WEEK 3

### WHAT YOU MAY HAVE

- lemon, 1
- onions, 2 medium
- garlic, 6 cloves
- whole milk, 2 cups
- unsalted butter, 6 tablespoons
- large eggs, 6
- brown sugar, 2 tablespoons
- low-sodium soy sauce, 2 tablespoons plus 1 teaspoon
- dry white wine, 1/2 cup
- balsamic vinegar, 2 tablespoons
- white wine vinegar, 2 teaspoons
- rice vinegar, 2 tablespoons
- canola oil, 1 tablespoon
- olive oil, 1/2 cup plus more for the dish
- paprika, 1 tablespoon
- kosher salt and black pepper

### WHAT YOU MAY NEED

- bone-in, skin-on chicken thighs and drumsticks, 2 1/2 pounds
- ground beef, 1 pound\*
- pork tenderloin, 1 1 1/4-pound\*
- frozen peeled and deveined medium shrimp, 1 pound
- Kirby cucumbers, 2
- bell pepper, 1
- Boston lettuce, 1 head
- baby arugula, 4 cups (about 3 ounces)
- mixed greens, 4 cups (about 3 ounces)
- button mushrooms, 1 8- to 10-ounce package
- celery, 1 stalk
- red apple, 1
- mango, 1
- fresh cilantro, 1/2 cup sprigs
- fresh dill, 2 tablespoons chopped
- fresh flat-leaf parsley, 1 1/4 cup leaves
- fontina or Cheddar, 1/2 pound
- sour cream, 1/4 cup
- country bread, 1 pound
- wide egg noodles, 6 ounces
- green lentils, 1 cup
- white beans, 1 15-ounce can
- peeled whole tomatoes, 1 28-ounce can
- roasted peanuts, 1/4 cup
- hoisin sauce, 2 tablespoons
- Sriracha hot chili sauce, 1 teaspoon

## WEEK 4

### WHAT YOU MAY HAVE

- garlic, 8 cloves
- dry white wine, 1/2 cup
- white wine vinegar, 1 tablespoon
- red wine vinegar, 1 tablespoon plus 2 teaspoons
- olive oil, 1 1/4 cups
- blackening or Cajun seasoning, 2 teaspoons
- kosher salt and black pepper

### WHAT YOU MAY NEED

- boneless, skinless chicken breasts, 4 6-ounce\*
- strip steaks, 2 (1 inch thick; 1 1/2 pounds total)\*
- bone-in pork chops, 4 (1 inch thick; about 2 1/2 pounds total)
- skinless salmon fillets, 4 6-ounce
- grape tomatoes, 1 pint
- red bell pepper, 1
- watercress, 1/2 small bunch
- mixed greens, 4 cups (about 3 ounces)
- cauliflower, 1 small head (about 1 1/2 pounds)
- collard greens, 1 bunch
- scallions, 2
- fresh flat-leaf parsley, 1/4 cup chopped
- fresh thyme, 8 sprigs
- shallots, 3
- new potatoes, 1 pound (about 10)
- sweet potato, 1 medium
- Gruyère, 6 ounces
- Brie, 4 ounces
- frozen pizza dough, 1 pound
- prepared horseradish, 2 tablespoons
- black-eyed peas, 1 15-ounce can
- instant polenta, 3/4 cup
- cornmeal (for the baking sheet)
- pitted green olives, 1/4 cup

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## Breakfast Blend

A perfect start to your day, a coffee that's...

- ✓ Nice, clean, and sunny
- ✓ Light-bodied and medium-roasted
- ✓ Crisp and fresh for your mornings

**TASTING NOTES:**  
Bright & Tangy

### ENJOY IT:

Throughout a lingering brunch with old friends and plenty of laughs.



Look for it where you buy groceries.



## House Blend

From our house to yours, a coffee that's...

- ✓ Lively and distinct
- ✓ Medium-roasted
- ✓ Familiar and friendly

**TASTING NOTES:**  
Clean & Well-Balanced

### ENJOY IT:

On a cozy fall day, curled up on a porch swing with a blanket and a good book.



Look for it where you buy groceries.



## Italian Roast

With a distinct sweetness, a coffee that's...

- ✓ Sturdy and intense
- ✓ Dark-roasted
- ✓ Nostalgic

**TASTING NOTES:**  
Sweet & Slightly Smoky

### ENJOY IT:

On a stroll through a farmer's market, exploring the flavors of the season.



Look for it where you buy groceries.



## French Roast

For the adventurer in you, a coffee that's...

- ✓ Extra bold
- ✓ Dark-roasted
- ✓ Sturdy and delicious

**TASTING NOTES:**  
Smoky & Intense

### ENJOY IT:

During a brisk afternoon walk through crunchy autumn leaves.



Look for it where you buy groceries.

